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Thursday, July 5, 2012
News worth sharing.
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Going back isn't 'worth any amount of money' for some

Miroslav Kaleja and his wife, Greta Kalejova, seen here in Toronto, fled the Czech Republic and made a refugee claim in Canada in 2008. It was rejected. He appealed and lost, but says he would not apply to the new government program that offers rejected asylum seekers $2,000 and a one-way ticket home. COLIN MCCONNELL/TORSTAR NEWS SERVICE

$2,000 and a one-way ticket home. Toronto refugee claimant says no to program offering asylum seekers like him cash to leave voluntarily

It's akin to a bribe, but few will admit to calling it that.

Ottawa is offering as much as $2,000 and a one-way plane ticket to any refugee claimant denied asylum who will voluntarily go home.

The pilot program was up and running this week in Greater Toronto, so the expected number of takers isn't yet known, but it has created a buzz among lawyers and refugee groups.

At least 20 other countries, mostly in Europe, offer similar programs. England gives failed refugee applicants up to $6,000 to leave.

That brings up the question of the amount Canada is offering. Some call $2,000 a pittance that can't go far in helping people reintegrate into new lives.

"It is a drawback," said Max Berger, a Toronto immigration lawyer whose clients, refugee applicants, have already been discussing the program.

Berger added that genuine refugees won't apply, whatever the amount is.

Miroslav Kaleja, 49, a Roma, fled the Czech Republic and made a refugee claim in Canada in 2008. It was rejected; he appealed and lost. Berger, his lawyer, recently told him about the program.

Kaleja said he isn't inclined to apply even though he is quickly running out of options.

"Who would like to go back to their country to be killed for $2,000?" he said, adding he is certain he would be targeted on his return to the Czech Republic. "I don't think it's worth any amount of money."

TORSTAR NEWS SERVICE

Avoiding deportation

- Efficient removals have long been a sticking point as people may linger for years after their refugee claims have been refused.
- Immigration and refugee lawyers say the initiative will save taxpayers money by reducing the cost of tracking failed asylum seekers trying to avoid deportation by going underground.

Swipe the stripe on the TTC

Metropass buyers will soon be able to pay by debit at most stations, the TTC says. Buy if you're buying tokens, be sure to carry cash PAGE 3

Clashes break out in Ukraine

Riots break out in Ukraine after the legislature passes a bill that would upgrade the status of the Russian language in some parts of the country PAGE 18

A realtor's call to action

A Toronto realtor wants tougher rules around bidding wars after her clients paid $90K over asking, and theirs was the only offer PAGE 6

'God particle' no longer theory

To much cheer, scientists at the world's biggest atom smasher in Switzerland claimed the discovery of a new subatomic particle PAGE 13

Nash goes to Hollywood?

According to several reports, it's the Los Angeles Lakers — and not the Raptors — who will get 38-year-old free agent Steve Nash in a sign-and-trade deal PAGE 43

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Chris Upfold TORSTAR NEWS SERVICE

Metropasses. TTC eyes debit payments

The TTC is dipping its toe in the 21st century, promising riders they will be able to use debit cards to pay for their Metropasses at most stations by the end of the year and at all TTC collector booths by next year.

The TTC is introducing the debit system for pass purchases only as a bridge to the Presto fare cards to be installed on most buses, streetcars and in subway stations by 2015.

But it won't accept more expensive credit-card transactions or debit payments for smaller fare purchases such as tokens.

"The big benefit is not having to carry cash," said TTC chief customer officer Chris Upfold.

Only four TTC stations currently take credit and debit cards. Another four accept debit cards only. Those eight stations account for about 24 per cent Metropass sales.

TORSTAR NEWS SERVICE

Details

- Accepting credit cards would cost the TTC $2.26 million more annually, compared with debit only that will cost $753,000 more annually.
- Cash purchases take 10 to 20 seconds on average. A debit transaction takes 60 to 90 seconds.

Sweating it out in extreme heat

Joggers easily work up a sweat on the Martin Goodman Trail, just west of the Humber River Arch Bridge, on Wednesday. A blazing summer so far has seen three extreme-heat alerts called in Toronto, including one lasting throughout the day Wednesday. Urban heat islands — dark surfaces and incoming light reflected off buildings onto dark surfaces — can raise temperatures by 5 C, experts say. BERNARD WEIL/TORSTAR NEWS SERVICE

OneCity struggling for council support

City hall. TTC chair still hopes to win over colleagues regarding ambitious transit plan

TTC chair Karen Stintz's blockbuster OneCity transit plan is in danger of failing before it even gets to the floor of Toronto city council next week.

On Wednesday, the councillor for Eglinton-Lawrence suggested she doesn't have the council votes to approve a staff study of the plan.

Stintz said she should have consulted more widely with other councillors before trumpeting the ambitious $30-billion transit scheme — with $10 billion coming from each level of government — that includes a two per cent average property tax for 30 years. She announced the plan with TTC vice-chair Glenn De Baeremaeker at a press conference last week.

"Some of my colleagues were surprised and I regret I hadn't taken more time to walk through the details with them," Stintz said Wednesday.

She said she is particularly concerned that the conversion of the Scarborough RT to a subway be discussed even though the province ruled out that plan on Friday.

Finding revenue

- TTC directors say the city's $10-billion share of OneCity could be gained if the city captured 40 per cent of the higher property values from next year's reassessment. That would average out to $45 per household annually, accumulating to an average $180 a year, raising $272 million a year in new tax revenue.

"There's 650,000 people who live in Scarborough who have virtually no access to a subway system," said De Baeremaeker. "You've got this very large corner of the city that has no good access to a subway system. The last kids on the block are in Scarborough."

Mayor Rob Ford's plan to build a Sheppard East subway "would have been a disaster where the subway would have been empty 90 per cent of the time," he said. The demand for a subway is already there among thousands of riders "squished" onto the Scarborough RT every day.

TORSTAR NEWS SERVICE

1 NEWS

On the web

Don't sweat it with Botox

Whether it's humid conditions or plain old stress, trickles or torrents of sweat will undoubtedly dampen anyone's mood. Now experts are claiming regular Botox injections could bring long-lasting relief to people suffering from excessive perspiration. Go to metronews.ca to read the full story.

Mobile news

The first International Panda Awareness Week (known also by the clever acronym PAW) kicks off Thursday in London. To see videos of the cutest black-and-white bear on Earth, scan the code.

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Graduating class mourns the death of Stouffville teenager

Remembering.
Students gather to remember their friend who died in crash over the weekend

Friends and teachers gathered at St. Brother André Catholic High School in Markham on Wednesday to mourn the death of Sarah Nicole Girard, a recent graduate from the school.

"It was such a happy time around graduation," said Cameron Nugent, one of Girard's classmates. "This really bummed everything out, it's pretty impactful."

Sara Nicole Girard, 17, died Monday evening when the van she was in rolled over on Highway 11 near Burk's Falls. She was on her way home from a cottage — a post-graduation trip with many of her 364 classmates — three days after she crossed the podium at her graduation on Friday.

"The students are sharing memories of the girls and just caring for each other, many of them have been going to school together since kindergarten and are very tight," said Principal Dan Zaroski.

Girard was in the car with two other graduates, Allison Neville 17, and Meghan Timewell, 18, at the time of the accident. Neville and Timewell were airlifted to Sunnybrook hospital in critical condition Monday evening. Police said Tuesday that Neville remains in critical but stable condition, and that Timewell was showing signs of improvement.

Throughout Wednesday afternoon, more than 50 students and 20 teachers stopped by the school. Many students exchanged long hugs with others upon arrival. And inside, people were writing letters and collecting their memories on large posters for each of the victims' families.

A group of students told Torstar News Service that many of them are having a hard time believing that the accident happened, and that Girard isn't with them anymore.

"Her death brought everybody together — everybody from all sorts of social groups — everyone's helping everyone get through it," one student said. "It's actually hard to say, 'Oh, she's gone.' We look at her picture and it's, 'No, no, she's still here, she's still here.'"

TORSTAR NEWS SERVICE

Students hug outside St. Brother André Catholic High School. The school invited its recent graduates to gather on Wednesday, two days after a tragic car accident that killed Sara Nicole Girard, and critically injured Meghan Timewell and Allison Neville, all recent graduates of the school. STEPHANIE LAW/TORSTAR NEWS SERVICE

Quoted

"The students are sharing memories of the girls and just caring for each other. Many of them have been going to school together since kindergarten and are very tight."

Principal Dan Zaroski

Piano has the right reptilian rhythm

Pianos painted by artists to represent 41 different countries participating in the 2015 Pan Am Games were displayed Wednesday in the Robert Lowrey's Piano Experts store. This one represents the British Virgin Islands.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Jury dismisses $1.6M suit against the TTC

A jury has slammed the brakes on a $1.6 million lawsuit against the Toronto Transit Commission by a passenger who claimed she suffered serious neck injuries when a bus suddenly stopped.

The jury made its finding after a five-week trial, ruling that nurse's aide Jacqueline Rodas wasn't injured on Sept. 8, 2006, when she was riding on a bus that collided with a pedestrian. The pedestrian had non-life threatening injuries, the TTC said.

Rodas argued she suffered a neck injury as a result of the sudden stop by the bus.

A news release from the TTC said the commission will be seeking "substantial legal costs" from Rodas.

TTC lawyers Chad Townsend and Laura Qaqish introduced photographic evidence from a social media site and an investigator to refute her claims that the accident cut into her quality of life, blocking her from employment or taking part in sports and family outings.

Townsend and Qaqish also introduced an engineer's report that suggested there was minimal strain to Rodas when the Scarborough bus stopped. None of the passengers who were standing on the bus fell during the collision, Townsend said.

There were 2,100 personal injury claims against the TTC last year and the corporation paid out $31.7-million last year in settlements, Qaqish said.

Rodas and her lawyers could not be reached for comment on Wednesday.

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David Cosma gets his monthly trim on Thursday from barber Chris Gonsalves at Beach Barbers on Queen East.
AARON VINCENT ELKAIM/TORSTAR NEWS SERVICE

Barber bylaw needs a shave and a haircut: Councillor

He doesn't do perms. He doesn't do highlights. "And I don't do updos," barber Chris Gonsalves says, putting stress on a word that draws guffaws from the male customers in his Beach barbershop.

"I just do haircuts and shaves," says Gonsalves, 40, whose barbershop on Queen Street East has a sign that also puts the message baldly: "Barber, cut & shave."

He considers himself a barber, pure and simple, and a member of the real "oldest profession in the world."

Gonsalves also fully supports Coun. Josh Colle's move to get rid of the "unnecessarily restrictive" city bylaw — the only one in the province — that requires barbershop owners to hold a provincial hairstylist certificate. He has asked the city's licensing and standards committee to look into it and a report is expected in the fall.

Colle said the bylaw was pointed out to him by a constituent who just cuts hair in his Eglinton-Lawrence ward.

"It seems onerous" if someone is just using clippers and "not doing weaves, or hair dye or anything like that, to force them to have a provincial hairstylist certificate," Colle said. "We've got to look at ways to cut red tape, especially with young entrepreneurs who are taking a risk to get into the workplace." TORSTAR NEWS SERVICE

Hair to-do

- Under Ontario regulations passed in 1990 (the same year Toronto's bylaw came into effect), all stylists must pass a test covering the use of hair dyes, chemicals and other aspects of the trade, to get their certificate.

Toronto realtor declares war on bidding wars

Call for transparency. Agent furious after her clients offered $90,000 over asking price with no rival bid

A Toronto realtor is calling for tougher rules around bidding wars after her clients were shocked to discover they had paid $90,000 over asking for a midtown house on which theirs was the only offer.

While she eventually convinced the listing agent and the sellers to accept about half that — $45,000 over asking for the almost $1 million home — realtor Josie Stern says the incident last month is further proof that more transparency is needed in the bidding process.

It should be mandatory for listing agents to provide potential buyers with a roster of all brokers and agents making offers on the same property — before the presentation of offers begins, says Stern, who believed there were three interested bidders.

It was only when the listing agent came back to her "10 minutes later" to say her clients' bid had been accepted that Stern realized there was something wrong. She had been expecting a late night of bids and counter-bids.

The Real Estate Council of Ontario, the regulatory body for the province's 58,000 realtors, has had a surge in calls from those who have lost — or won — bidding wars, and is reviewing whether to urge legislative changes, said Bruce Matthews, deputy registrar in charge of regulatory compliance.

Under RECO's rules, agents must disclose how many offers there are on a property. But consumer complaints persist about so-called "phantom bids" — selling agents claiming there are numerous bids that don't exist or never materialized.

Matthews believes that isn't so much "a hugely prevalent problem" as a "perception" by frustrated home buyers. He notes that just four agents have been disciplined for the practice over the past decade.

TORSTAR NEWS SERVICE

Battle cry

"This is a call to action. Sixteen years of buyer abuse is enough. If it were mandatory for (the listing agent) to provide a list of everyone who was participating, this wouldn't have happened."
Realtor Josie Stern

Ex-Ornge chief wants to set 'record straight': Lawyer

Chris Mazza TORSTAR NEWS SERVICE FILE

Ousted Ornge chief executive Chris Mazza wants to clarify his involvement in the troubled air ambulance service, a lawyer for Mazza says.

"I can assure you that he is very interested in setting the record straight," Roger Yachetti wrote in an email.

Mazza is expected to appear July 18 before a legislative committee that is investigating the scandal surrounding the organization, but there is one final hurdle to clear before that happens.

Two warrants from Speaker Dave Levac were issued to compel Mazza to testify, but his appearance was put off because two psychiatrists declared him medically unfit to testify.

Mazza took medical leave last December when allegations about questionable business deals made headlines. A doctor is expected to submit an opinion by July 10 about whether Mazza will be able to testify, Yachetti said.

Many of the witnesses have pointed the finger at Mazza for the controversy that has cast a shadow on Ornge. The committee has also heard about Mazza's $1.4-million annual compensation package that was hidden from public view, the personal loans he received from Ornge to buy a house and his involvement in hiring his girlfriend, a former water-skiing instructor, at Ornge. TORSTAR NEWS SERVICE

Notes on a scandal

- **Auditor general Jim McCarter has criticized the government for failing to oversee Ornge, despite giving it $730 million over five years and allowing it to borrow another $300 million.**
- The legislative committee investigating the Ornge scandal has heard numerous stories about people who died while waiting for an air ambulance, about understaffing by Ornge, and about helicopters that were so badly designed that paramedics often could not perform CPR on patients.

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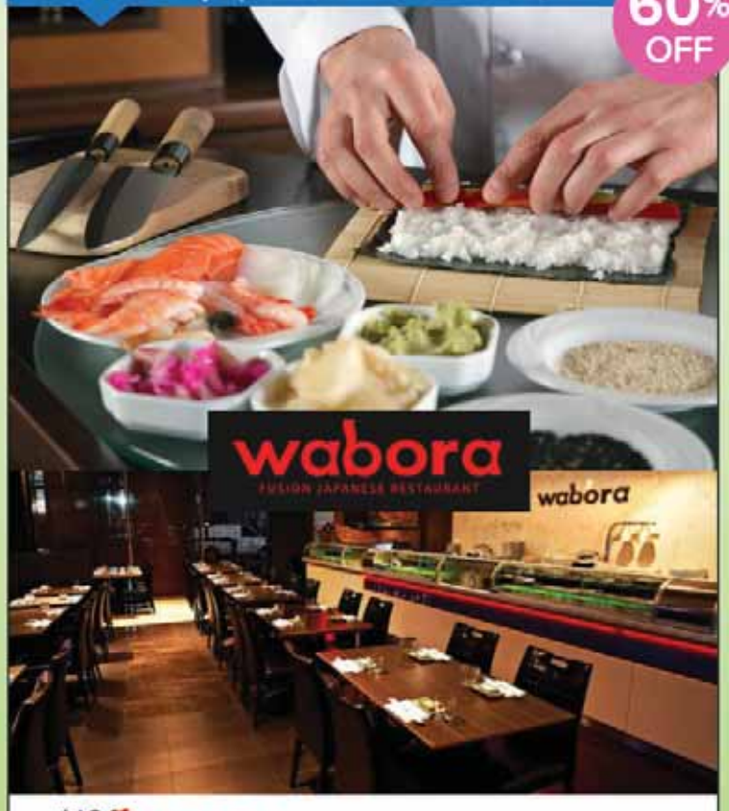

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Mourners react outside the Our Lady of Fatima Parish in Elliot Lake, Ont., on Wednesday, after the funeral of 74-year-old Doloris Perizzolo, who died in the Algo Centre Mall roof collapse. KENNETH ARMSTRONG/THE CANADIAN PRESS

Town mourns victim of mall-roof collapse

Funeral. Crowd packs parish church to say their goodbyes to one of two women killed in accident that has sparked public inquiry

A capacity crowd packed a church in a bereaved northern Ontario community Wednesday to pay their respects to one of the victims of a deadly roof collapse at a local shopping mall.

Rev. Paul Conway said more than 320 people came to Our Lady of Fatima parish to pay tribute to Doloris Perizzolo, who was remembered as a good neighbour.

The 74-year-old was one of two women killed when a section of roof came crashing through the Algo Centre Mall on June 23.

The accident crippled local commerce in the small community, touched off a criminal investigation led by the provincial police force, and sparked a public inquiry ordered by the province's premier.

Perizzolo was eulogized by a longtime friend who shared memories of growing up side-by-side, and regaled the audience with anecdotes of her friend's kindness and consideration as a neighbour.

Conway said he did not know Perizzolo personally, but urged the community to maintain hope in the face of a senseless tragedy.

THE CANADIAN PRESS

Investigation

Outrage over the collapse prompted Premier Dalton McGuinty to order a public inquiry late last week, drawing support from the opposition.

- Police have also launched their own investigation. But OPP spokesman Pierre Chamberland wouldn't comment on a report that the investigation stems from information about the building's record of unaddressed maintenance problems. The Ministry of Labour paid six visits to the mall in the last three years.

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Magnotta case. Body part found in Montreal park belongs to Jun Lin: Police

Montreal police have confirmed that the human remains found Sunday in a park belong to Jun Lin.

Lin's torso was found in a suitcase in late May, while other body parts were mailed to offices of political parties and to two schools. Police have said the only missing body part was Lin's head.

"Major-crimes squad investigators just got confirmation," Const. Anie Lemieux said.

Luka Rocco Magnotta has been charged with first-degree murder in Lin's death.

THE CANADIAN PRESS

Jun Lin is shown in this undated photo from Facebook. HANDOUT

Human trafficking

Feds crack down on foreign sex-trade workers

Strip clubs, massage parlours and escort services can no longer bring foreign temporary workers into Canada, the federal government said on Wednesday.

In a joint announcement, Human Resources Minister Diane Finley and Immigration Minister Jason Kenney said foreign nationals brought in to work in sex-trade-related businesses are particularly at risk of being exploited and abused.

TORSTAR NEWS SERVICE

Minor shake-up

Fantino gets Oda's job in swift cabinet shuffle

Prime Minister Stephen Harper swiftly shuffled his front benches Wednesday following the resignation of embattled International Co-operation Minister Bev Oda.

The hole created by Oda's resignation on Tuesday had been expected to be filled later this summer in what could have been a wide-ranging shake-up, but ended up being only a minor change. Oda was replaced Wednesday by former associate defence minister Julian Fantino.

THE CANADIAN PRESS

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Birds on west coast eating bellyfuls of plastic: Study

Garbage. Amount of plastic found in the birds is similar to the level of the notoriously polluted North Sea

A new study suggests the stomach contents of seabirds show there's been a big increase in plastic pollution off the northwest coast of North America over the past four decades.

University of B.C. researcher Stephanie Avery-Gomm says the amount of plastic a seabird eats provides a snapshot of the garbage that ends up in a big part of the northern Pacific Ocean.

Avery-Gomm says necropsies performed on 67 beached northern fulmars, a gull-like seabird, showed nearly 93 per cent of them had bellyfuls of plastic — everything from twine, Styrofoam and candy wrappers.

The study that's been published online in the journal Marine Pollution Bulletin examined the stomach contents of birds on the coasts of B.C., Washington and Oregon.

Avery-Gomm says the amount of plastic found in the birds is similar to the level of the notoriously polluted North Sea, and that the issue suggests plastic pollution should be monitored annually.

THE CANADIAN PRESS

By the numbers

454

University of B.C. researcher Stephanie Avery-Gomm says one bird had 454 pieces of plastic in its gut.

Non-food stomach content found in a northern fulmar bird in a University of British Columbia study is shown in a handout photo. THE CANADIAN PRESS/HANDOUT

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Raids in Turkey

13 terror suspects detained

Turkey's state-run news agency says police have detained 13 people suspected of links to the al-Qaida terror network.

The Anadolu agency says the suspects were rounded up for questioning in simultaneous raids in the southeastern cities of Batman, Mardin and Gaziantep on Wednesday. The agency did not cite a source for the report.

THE ASSOCIATED PRESS

Flash floods in Turkey

4 children among 9 people killed

Flash flooding caused by torrential rains has killed nine people, including at least four children, in northern Turkey.

The downpours caused a river to burst its banks, inundating homes and shops and stranding cars in the Black Sea port city of Samsun. Two brothers, aged 1 and 5, and a father and his two sons, aged 9 and 16, drowned when the flood hit their homes.

THE ASSOCIATED PRESS

New poisoning tests revive debate over Arafat's death

Autopsy request. Late Palestinian leader's successor Mahmoud Abbas says he is willing to co-operate with further testing

The Palestinian president Mahmoud Abbas cleared the way Wednesday for a possible autopsy on Yasser Arafat's remains, following a request from his widow after a Swiss lab said it found elevated levels of a lethal radioactive isotope on the longtime Palestinian leader's belongings.

The developments have reignited a storm of speculation over what killed Arafat, who died on Nov. 11, 2004, at the age of 75 at a military hospital outside Paris.

Arafat's widow, Suha, who rejected an autopsy at the time of his death, said she wanted one done now in the wake of the lab's findings. She did not explain why she waited nearly eight years to have the belongings tested.

French doctors said at the time Arafat died of a massive brain hemorrhage — weeks after he fell violently ill at his West Bank compound.

Francois Bochud, who heads the Institute of Radiation Physics in Lausanne, Switzerland, said Wednesday that his lab examined belongings that Arafat's widow said were used by Arafat in his final days, as well as others that he hadn't worn. Experts found higher quantities of polonium in a urine stain on underwear worn by Arafat and a blood stain on hospital clothing than on belongings he hadn't used, such as new and unworn socks stored in the same bag.

Polonium is best known for causing the death of Alexander Litvinenko, a one-time KGB agent turned critic of the Russian government, in London in 2006. Litvinenko ingested tea laced with the substance.

THE ASSOCIATED PRESS

The dilemma

The widow's call for an autopsy put Arafat's successor, President Mahmoud Abbas, in a bind.

- **Digging up** the remains would go against the traditions of conservative Muslims and could stir angry protests.
- **Refusing** to exhume the body could be seen as an attempt by Abbas to block an investigation.

A youth passes a mural of the late Palestinian leader Yasser Arafat in the West Bank village of Kabatyeh on Wednesday. Arabic text quotes an idiom: "We are holding to our promise." MOHAMMED BALLAS/THE ASSOCIATED PRESS

Hostage recalls ordeal

The kidnapping of four aid workers in Kenya began with minutes of terror as gunmen pounced on the group in a well-planned mission driven by money rather than ideology, one of the rescued hostages said Wednesday.

Qurat-Ul-Ain Sadazai, of Gatineau, Que., said it quickly became apparent the group had been targeted for abduction. "They came with guns. They started rounding up people," Sadazai said from Nairobi. "It was five minutes of shock."

Sadazai, 38, was snatched at gunpoint along with fellow Canadian Steve Dennis, 37, of Toronto, and two colleagues last Friday from the Dadaab refugee camp inside Kenya near the Somalia border.

"We were not clear on their objectives," Sadazai said. "(But it had) very little to do with ideology or issues of fundamentalism or Islam."

The captors, who hid the four by day, treated their captives well, feeding them sachets of humanitarian supplements given to children.

Trackers, aided in part by Dennis's large shoe prints, tailed them to a spot about 40 kilometres inside Somalia.

The rescue, when it came as the group sat and rested early Monday morning, was just as sudden as the initial kidnapping. Gunfire erupted.

"We didn't know what was happening. We just ducked and were lying on the floor," Sadazai said. The captors fled — one was shot dead — and the group was bundled into a car and driven back to the Kenyan border.

THE CANADIAN PRESS

Qurat-Ul-Ain Sadazai
KHALIL SENOSI/THE CANADIAN PRESS/AP

Rescued

3

The four were rescued Monday after three days in Somalia, when Kenyan authorities swooped down on the group, killing one kidnapper.

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Scientists' 'Eureka moment': God particle exists, they say

Cheers, ovations. Crowd hails the discovery of a 'cornerstone,' but is it the real secret of the universe?

Peter Higgs — of the Higgs boson or God particle — is the British physicist who predicted it in the 1960s. He told the Switzerland audience Wednesday that the new discovery appears close to what he foresaw.
DENIS BALIBOUSE/THE ASSOCIATED PRESS

The God particle lives!

Well, they're pretty sure it does.

To cheers and standing ovations, scientists at the world's biggest atom smasher in Switzerland claimed the discovery of a new subatomic particle Wednesday.

They called it "consistent" with the long-sought Higgs boson — popularly known as the God particle — that helps explain what gives all matter in the universe size and shape.

"We have now found the missing cornerstone of particle physics," Rolf Heuer, director of the European Centre for Nuclear Research (CERN), told scientists.

"As a layman, I think we did it," he told the elated crowd.

But he also declared: "As a scientist, I have to say, 'What do we have.'"

He added: "We have a discovery. We have observed a new particle that is consistent with a Higgs boson."

The Higgs boson, which until now has been a theoretical particle, is seen as the key to understanding why matter has mass, which combines with gravity to give an object weight.

The idea is much like gravity and Isaac Newton's discovery of it: Gravity was there all the time before Newton explained it.

But now scientists have seen something very much like the Higgs boson and can put that knowledge to further use.

CERN's atom smasher, the $10 billion Large Hadron Collider on the Swiss-French border, has been creating high-energy collisions of protons to investigate dark matter, antimatter and the creation of the universe, which many theorize occurred in a massive explosion known as the Big Bang.

Fabiola Gianotti, a team leader, did raise a touch of reality: "The dream is to find an ultimate theory that explains everything — we are far from that."

Meanwhile, Canuck brain power was being lauded, too.

About 150 Canadians are part of an international network whose research helped.

"It's a huge Canadian success story," said physicist Isabel Trigger, one of the team leaders with the TRIUMF particle and nuclear physics lab based in Vancouver.

"All of these people have spent 20 years of their lives building something which now has found the particle we were looking for ... If it's not the Higgs boson, it sure looks like the Higgs boson." THE ASSOCIATED PRESS

Theory

1960s

Scientists have long puzzled over how the minute building blocks of the universe acquire mass. Without mass, particles wouldn't hold together and there would be no matter. A theory proposed by British physicist Peter Higgs and teams in Belgium and the U.S. in the 1960s is that a new particle must be creating a "sticky" field that acts as a drag on other particles.

Cash

$10B

The Large Hadron Collider — the atom smasher at the European Centre for Nuclear Research — alone cost some $10 billion to build and run. This includes the salaries of thousands of scientists and support staff around the world who collaborated on the experiments that had but one target: Expose the mysterious God particle.

History

WWW

The massive scientific effort that led to the discovery of what is thought to be the God particle has also paid off in other ways — one of which was the creation of the World Wide Web. Scientists developed the web to make it easier to exchange information among each other. Vast computing power was needed to crunch all the data.

Target

96%

"This is just the beginning," says James Gillies, a spokesperson for the European Centre for Nuclear Research. Scientists will keep probing the newly discovered particle until they fully understand how it works. One other target: They also hope to understand the 96 per cent of the universe that remains hidden from view.

#That's Patch!

Twitter catches up with the dog that took a day trip to Dublin

When Patch hopped aboard the morning train to Dublin, the power of Twitter reunited the dog with his owner.

Irish Rail sent a "Lost dog!" tweet with a photo attachment after the Jack Russell terrier arrived with Wednesday morning commuters on a train from neighbouring Kilcock.

By all accounts, the friendly dog had spent his hourlong journey being petted vigorously.

After more than 500 retweets in just 32 minutes, the photo found Patch's owner, Deirdre Anglin, who tweeted the state railway: "That's my dog!"

Anglin and Irish Rail posted a series of photos documenting her reunion with Patch, their return train trip, and car journey home.

She said fellow train travellers kept asking her: "Is that the dog from Twitter?" THE ASSOCIATED PRESS

Hawking hacked! Tiny scanner will tell the world the secrets of the celebrated scientist's brain

What is Stephen Hawking thinking?

Maybe we'll soon know.

An international conference organized by the Canadian creator of the iBrain on Saturday will reveal the celebrated physicist's thoughts, it's claimed.

"We will present the data we were able to generate from Stephen Hawking" NeuroVigil founder Dr. Philip Low said.

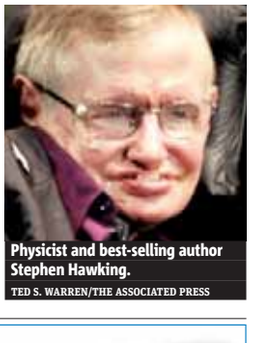
That data was collected last summer by attaching Hawking to the iBrain, the world's smallest portable brain scanner.

Hawking, who is also a participant in the July 7 conference, is immobilized with the motor neuron disease amyotrophic lateral sclerosis.

Besides being able to hack Hawking's brain, the iBrain has the potential to monitor sleep disorders, autism and depression, Low said.

For the 70-year-old Hawking, whose ability to communicate via machine is deteriorating, it could mean the last stage: "Unlocking a locked Stephen Hawking," Low said.

The conference in Cambridge, England, to be live-streamed on conference.org, will gather more than a dozen neuroscientists to study consciousness in humans and animals. TORSTAR NEWS SERVICE



Physicist and best-selling author Stephen Hawking.
TED S. WARREN/THE ASSOCIATED PRESS

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Pakistan. Mob kills man accused of ripping Qur'an

Thousands of people dragged a Pakistani man accused of desecrating Islam's holy book from a police station in central Pakistan, beat him to death and then set his body on fire, a police official said Wednesday.

The incident highlighted the highly charged nature of Pakistan's blasphemy laws, under which anyone found guilty of insulting Islam's Prophet or the Qur'an can be sentenced to death.

Sometimes, however, people take the matter into their own hands.

A senior police officer, Mohammed Azhar Gujar, said in the incident Tuesday in Bahawalpur, a city in a deeply conservative part of central Pakistan, attackers stormed a police station where the man was being interrogated.

Gujar said police tried to protect the man, but the mob turned violent.

THE ASSOCIATED PRESS

Call to punish

The victim was arrested after residents said he threw pages of the Qur'an into the street.

- While the man was being questioned, some people started making announcements over mosque loudspeakers, urging residents to go to the police station and punish him.

Argentina

Verdict awaited in stolen-babies trial

Verdicts are being prepared in Argentina's historic stolen-babies trial. Two former dictators and a handful of other retired military and police officials are accused of systematically stealing kids of leftists who were kidnapped and killed when a military junta ran the country three decades ago. The sentences are expected Thursday night after a year-and-a-half-long trial. Prosecutors want 50-year sentences for former dictators Jorge Rafael Videla and Reynaldo Bignone. More than 100 of stolen babies have been able to recover their birth identities through DNA tests. THE ASSOCIATED PRESS

Egyptians fear vigilantism after sweethearts attacked

An Egyptian boy holds a poster of Ahmed Hussein Eid during his funeral procession in Suez, Egypt, Wednesday. THE ASSOCIATED PRESS

Islamism blamed. 20-year-old stabbed after a group of men tell unmarried couple they should not be together

An Egyptian university student was fatally stabbed as his girlfriend looked on after three suspected Islamic militants confronted the couple in a park and told them they should not be together if they are not married, security officials said Wednesday.

The murder is fuelling fears that vigilante groups may be seeking to strictly enforce Islamic mores, emboldened by the election of Islamist President Mohammed Morsi. Moderate Muslims along with liberal and women's groups worry that Morsi's presidency will slowly eradicate Egypt's entrenched secular traditions and change the social fabric of the mainly Muslim nation of 82 million people.

The student, 20-year-old Ahmed Hussein Eid, was attacked on June 25 in the Red Sea city of Suez east of Cairo while he was with his girlfriend in a quiet park that is a favourite spot for romantic rendezvous, according to the officials. It was not immediately clear what the two were doing when challenged by the three men who arrived on a motorbike.

But the officials, citing initial testimony of the girlfriend, said the men told the couple they must immediately leave and go their separate ways. An argument followed and one of the three men stabbed Eid in the upper left thigh, near his genitals. He was hospitalized and died of his wounds a week later on Monday, according to the security officials who spoke on condition of anonymity because they were not authorized to talk to the media.

THE ASSOCIATED PRESS

Seeking retribution

"My son's blood will not be wasted.... If you don't get me retribution, then my son's blood is on you."

The victim's father, Hussein Eid, addressing President Mohammed Morsi.
Eid also said he would seek retribution for his son if the police don't catch the culprits.

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Syria's future

France, Britain open to 'tougher' intervention

France and Britain say they will push for tougher UN action against Syria if a transition plan doesn't bring a quick end to the violence.

Frustration in some quarters is growing with a UN-brokered peace plan that could allow President Bashar Assad to take part in a transitional government.

French Foreign Minister Laurent Fabius says if the roadmap isn't applied fast "then we would come back to the United Nations" for tougher measures, including those that could allow military intervention.

THE ASSOCIATED PRESS

Syrian President Bashar Assad
THE ASSOCIATED PRESS

'Deliberately started'

Turkey battles blazes along Syrian border

Turkish firefighters were battling several blazes along the Turkish-Syria border on Wednesday in areas that thousands of Syrians have crossed to flee the fighting in their country.

Mehmet Harbi, a forestry official, claimed the fires were "deliberately started" at four different points on the Syrian side of the border and spread to Turkey due to strong winds.

Turkey's state-run TRT television said Syrian forces are believed to have started the fires to deny shelter to rebels along the border area. Harbi and TRT provided no evidence to substantiate their claims.

More than 35,000 Syrians are living in refugee camps on the Turkish side of the border that were opened to care for the many people fleeing Syria's unrest. Sporadic clashes between Syrian forces and activists also have occurred on the Syrian side of the border.

THE ASSOCIATED PRESS

Group claims dozens of attacks across Syria

Al-Nusra Front.
Terrorist group says it is responsible for string of armed raids and suicide bombings in Syrian cities

An al-Qaida-inspired group claimed responsibility for dozens of attacks across Syria, the latest evidence that extremists are exploiting the chaos to make inroads in another Middle Eastern country.

The Syrian regime has long blamed terrorists for the 16-month-old revolt, and the presence of al-Qaida groups creates new difficulties for Arab and Western countries trying to help force President Bashar Assad from power.

The opposition and the rebel Free Syrian Army deny having any links to terrorism, and say they do not have the desire or the capabilities to carry out massive suicide bombings and other al-Qaida-style attacks.

On Tuesday, the SITE monitoring group, which tracks jihadist chatter on the Internet, said the Al-Nusra Front released statements on extremist websites in late June claiming the attacks were to avenge the killings of Syrians by the government.

One of the attacks targeted a pro-regime television station in the town of Drousha, south of the capital, Damascus, on June 27. Seven people were killed in the attack on Al-Ikhbariya TV.

Al-Nusra said the station is an arm of the regime and the attack sought to make the station "taste from the cup of torture" and force every member of the regime to wonder: "When will my turn come?" The statement included photos of 11 men it said were kidnapped in the attack.

Other attacks in the latest claim of responsibility include dozens of armed raids and bombings — including suicide bombings — in Syrian cities.

Little is known about Al-Nusra, although Western intelligence officials say it could be a front for a branch of al-Qaida militants from Iraq operating in Syria. The group has claimed responsibility for a string of attacks in Syria, including suicide bombings, in the past.

In February, al-Qaida chief Ayman al-Zawahri called on Muslims to support Syrian rebels. "Wounded Syria is still bleeding day after day, and the butcher (Bashar Assad) isn't deterred and doesn't stop," al-Zawahri said at the time. He took over al-Qaida after Osama bin Laden was killed by U.S. special forces last May.

Although the Syrian opposition disavows links to terror, the presence of al-Qaida among the forces fighting to oust Assad is a serious complicating factor for the international powers that say they want to help the opposition without empowering extremists along the way. THE ASSOCIATED PRESS

Syrian regime

Assad's powerful allies

The Syrian regime is dominated by members of the Alawite sect, which is an offshoot of Shiite Islam. Sunnis make up most of the population of 22 million and are the backbone of the opposition.

Assad has been able to count on backing from powerful allies like Russia and Iran. On Wednesday, Iranian President Mahmoud Ahmadinejad said Syrians should decide their own fate. According to his website, Ahmadinejad told the visiting speaker of the Syrian parliament that others must not impose their will on Syria. THE ASSOCIATED PRESS

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This citizen-journalism image released by Shaam News Network purports to show anti-government demonstrators in Kafr Susa, near Damascus, Syria. The partial translation of the Arabic reads: "Thank you Anan, so look where we will kill." SHAAM NEWS NETWORK/THE ASSOCIATED PRESS

Escalation. Conflict has potential to spread beyond Syria's borders

More than 14,000 people have been killed since the Syrian uprising began, according to activists. Despite global outrage over the crackdown by the Assad regime, the international response has been focused entirely on diplomacy and sanctions as the violence escalates.

Military intervention has been all but ruled out in Syria for now, in part because the conflict has so much potential for escalation. Damascus has strong allegiances to powerful forces including Lebanon's Hezbollah and Shiite powerhouse Iran.

There already are signs of a looming, regional conflict.

Syrian forces shot down a Turkish military plan on June 22. Syria says the plane violated its airspace, but Turkey said the plane was hit over international waters.

The violence in Syria has grown increasingly chaotic over the course of the uprising, which began in March 2011 with mostly peaceful protests. Government forces launched a ferocious crackdown on the demonstrations, leading many people to take up arms.

THE ASSOCIATED PRESS

UN peace plan

In Geneva on Saturday, an international conference of world powers accepted a UN-brokered peace plan for Syria. But the group left open the key question of whether Assad could be part of a transitional government.

- The U.S. backed away from insisting that the plan explicitly exclude Assad from any role in a new Syrian government, hoping the concession would encourage Russia to put greater pressure on its longtime ally to end the crackdown.
- But the possibility that Assad could stay made the plan a nonstarter for those fighting to topple his regime.

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Riot erupts in Ukraine

Language law. Parliament speaker resigns after legislature passes bill to upgrade status of Russian language

Opposition activists clashed with riot police in the centre of Kyiv, the Ukrainian capital, Wednesday and the parliament speaker resigned after the legislature passed a bill that would upgrade the status of the Russian language.

The bill, which must be signed by the president to become law, would leave Ukrainian as the only state language but allow the use of Russian in Russian-speaking regions in courts, education and other government institutions.

Quoted

"I have been fooled, Ukraine has been fooled, the people have been fooled."

Parliament Speaker Volodymyr Lytvyn told Ukrainian lawmakers.

Members of Ukraine's pro-Western opposition say such a law would effectively smother the Ukrainian language by removing any incentive for millions of Russian-speaking Ukrainians to learn and speak it. They also say it would bring Ukraine back into the Russian orbit and torpedo its efforts to forge closer ties with the European Union.

Lawmakers loyal to President Viktor Yanukovych, who draws his support from the Russian-speaking east and south, rushed the bill through Parliament on Tuesday night, without giving the opposition much chance to oppose it in a debate.

Parliament Speaker Volodymyr Lytvyn, who was absent during the vote, announced his resignation Wednesday, calling the vote illegitimate, despite the fact that his own party voted for it. Seven national lawmakers announced a hunger strike.

About 2,000 protesters, some clad in traditional embroidered shirts, staged an angry protest against the bill outside a government building in the centre of Kyiv on Wednesday.

THE ASSOCIATED PRESS

Opposition protesters spray tear gas against riot police in front of the Ukrainian House in central Kyiv, Ukraine, Wednesday. Activists have clashed with riot police during a protest against a controversial bill that would allow the use of Russian in official settings in Russian-speaking regions. EFREM LUKATSKY/THE ASSOCIATED PRESS

'Illegal gathering'

Officer injured in Montreal brawl

A police officer was injured and 14 people arrested early Wednesday at the scene of a brawl in Montreal North.

Police were called to a confrontation involving as many as 20 people near a commercial building. When officers moved in to make arrests, a 36-year-old female officer suffered a head injury when she tried to contain one of the suspects. The suspects, aged between 16 and 20, are scheduled to appear in court Wednesday.

THE CANADIAN PRESS

House arrest

Stanley Cup rioter spared jail time

A repentant Stanley Cup rioter has been spared jail time, despite the recommendations of Crown prosecutors. Robert Snelgrove has been sentenced to three months of house arrest, which he must serve at his parent's home in Coquitlam, B.C. The 25-year-old surrendered to police the day after the June 15, 2011 riot in Vancouver.

THE CANADIAN PRESS

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Gunman kills 4 during girlfriend's eviction

Southern Germany. Commandos storm apartment but find victims, suspect dead

Police arrive at the area where a gunman took hostages in Karlsruhe, Germany, on Wednesday. MICHAEL LATZ/DAPD/THE ASSOCIATED PRESS

A heavily armed man whose girlfriend was being evicted from her apartment Wednesday killed four people, including the new owner and a court bailiff who were shot execution style, before turning a shotgun on himself, German authorities said.

A commando team stormed the apartment in the southern German city of Karlsruhe, but the 53-year-old gunman and the victims were already dead.

Also killed were the girlfriend, a 55-year-old woman who was found on her bed with a gunshot wound to her chest, near the gunman's body.

The bailiff and new owner were found with their hands bound on a couch, dead from gunshot wounds to the head. A locksmith was found dead on the floor.

"It was a terrible crime," said Hildegard Gerecke, the Karlsruhe police chief. "Nothing could be done to stop it and nothing could be done to save them."

She said the suspect, whose name wasn't released in accordance with German privacy laws, had no history of violence that would have made the bailiff and the others expect any danger.

The woman being evicted had fallen behind on payments and the apartment was sold at a foreclosure auction. THE ASSOCIATED PRESS

Quoted

"It was a terrible crime. Nothing could be done to stop it and nothing could be done to save them."

Hildegard Gerecke, Karlsruhe police chief

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New Hampshire

Fireworks explosion sets house ablaze

A fireworks explosion ignited on a home's back deck set it ablaze Tuesday night and filled it with smoke, injuring at least nine people, police said.

When police officers and firefighters arrived at the home around 7:30 p.m., there were lots of fireworks in and around it, the police department said.

WMUR-TV in Manchester reported that the fireworks ignited on a back deck.

The nine injured people ranged in age from infant to adult. Two children were taken to Boston hospitals for treatment.

A neighbour who lives on a street behind the home in Pelham, a town of about 13,000 residents an hour drive south of Concord, said the people who live in the home set off fireworks every year for July Fourth.

THE ASSOCIATED PRESS

Brazil

Student fakes her kidnapping to avoid project

Police in northeastern Brazil say a college student has confessed to faking her own kidnapping as an excuse for not handing in a year-end university project.

Para state's civil police say on their website that 22-year-old Susan Paola Fadel Correia initially alleged she was abducted last week by three men, then was tied up and held for 24 hours before being released.

A police statement says she acknowledged Wednesday that the story was false and that she spent the 24 hours that she was supposedly missing at the home of a friend. It quotes an officer as saying Fadel explained that she "didn't want to upset her mother" with news of her problems at school.

She has been charged with making false accusations.

THE ASSOCIATED PRESS

Sizzling in the States

No independence from heat. U.S. Fourth of July festivities hampered by extreme temperatures

George Washington never had air conditioning, but he knew how to keep cool: a mansion with lots of windows elevated on the banks of a wide, rolling river and lots of ice cream, maybe with a little brandy.

It was a little like the old days without electricity Wednesday, as the nation's capital region celebrated Independence Day the better part of a week into a widespread blackout that left millions of residents sweltering in temperatures at or above 32 C without air conditioning. Utilities have slowly been restoring service knocked out by a freak storm Friday from the Midwest to the Mid-Atlantic, and at least 26 people have died in the storm or its aftermath.

In New York, about a dozen disabled soldiers — most triple or quadruple amputees — visited Ground Zero ahead of the usual throng of tourists.

The visit was intended to salute service members who survived the post-9-11 wars to become miracles of modern medicine, and to promote two charities raising money for homes custom-built to ease their burdens.

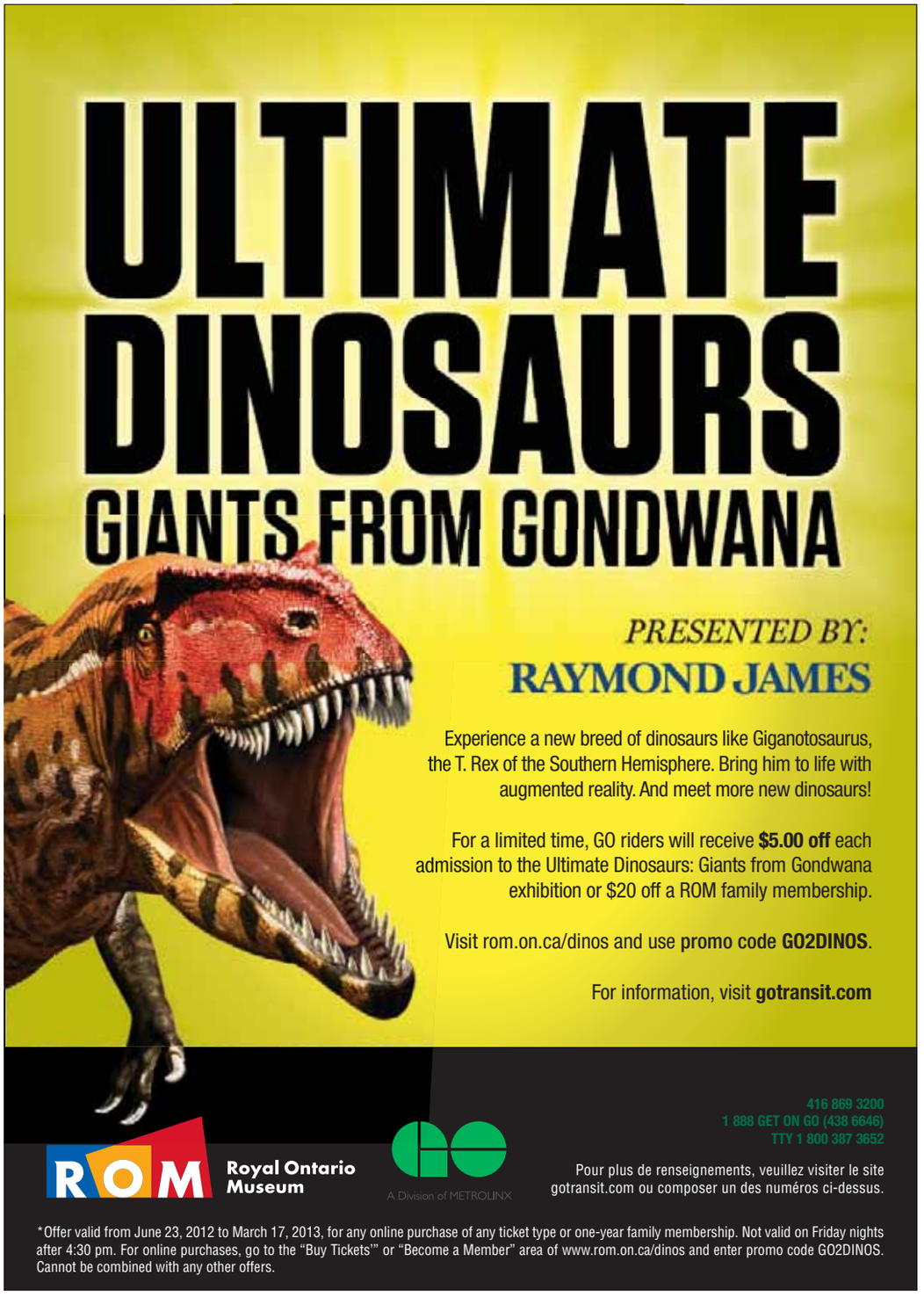
Many other Americans simply abandoned their holiday plans due to the lack of power and the heat.

THE ASSOCIATED PRESS

Campaigning continues

- U.S. President Barack Obama attended a naturalization ceremony at the White House for active service members from 17 countries. Military families were invited for a barbecue and to watch fireworks on the South Lawn.
- Presumptive GOP presidential candidate Mitt Romney has spent most of the week off the campaign trail with his family in Wolfeboro, N.H., but took time Wednesday to march in the town's Fourth of July parade.

Mary Wade Ballou sprays the crowd with a water gun as she passes on a float during the South Walton Fourth of July Parade in Seaside, Fla., on Wednesday. While the country celebrated Independence Day, many Americans were partying the old-fashioned way — without power — due to a widespread blackout. NICK TOMECEK/ NORTHWEST FLORIDA DAILY NEWS/AP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Undead academy: Professional zombies

Zed Events provides professional zombies for an undead experience. HANDOUT

Dying for work.

Brain-eating can be a serious career path in a booming industry

KIERON MONKS
Metro World News

With Europe in economic misery, new opportunities are emerging in the zombie sector. A company providing zombie experience days is recruiting and training an army of the professional undead.

"We train them how to act in character," Zed Events' head of recruitment Pete Owen told Metro. "We work on timing, movement and subtle voice techniques — from small growls to full screams. The key is to build tension."

Zed Events now has three centres in the U.K. and a zombie staff of around 25. Many have no background in acting, but receive a four-week crash course.

The professional zombies are installed in a derelict house where they stalk and attack the visiting public, who shoot at them with BB guns.

"Accidents do happen," says zombie Tanya Faenowa. "We get training in how to take a hit and fall safely but getting shot can hurt."

Zed Events is set to expand again, with plans to establish centres in the U.S. and Asia. This reflects a wider boom in the zombie economy around the world — research in 2011 found that zombies contributed over $6 billion to the U.S. economy through movies, games and, increasingly, experience days.

Thriving industry

Live scare attractions give birth to academies

Jason Karl, editor of Scareworld magazine and creative director of the AtmosFEAR! scare entertainment group, told Metro that "the scare entertainment industry is growing massively." He estimates there are 170 live scare attractions in the U.K., employing thousands of people. In addition, a new Scream School training academy for actors is "creating a higher level of professionalism."

The industry continues to grow despite the economic climate. Karl has been able to employ 36 Greek actors at a new House of Fear in Athens, and will take on 113 British actors in the next four months. METRO

According to Jason Karl, editor of Scareworld magazine and creative director of the AtmosFEAR! scare entertainment group, there are 170 live scare attractions in the U.K. HANDOUT

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‘Phablet.’ Larger smartphones expected to find consumer niche

Take one part smartphone and one part tablet and what have you got? Phablets, a newer breed of mobile device that’s expected to compete with the smaller-sized tablets now flooding the market.

Phablets aren’t going to kill tablets or smartphones but they will be a viable niche product, said Sascha Segan, lead mobile analyst for PC Magazine.

There’s only one major phablet currently available, the Samsung Galaxy Note with its 13.5-centimetre touchscreen. It looks huge beside the 8.9-centimetre iPhone but is considerably smaller than 17.8-centimetre tablets like Research in Motion’s BlackBerry PlayBook and the 24.6-centimetre iPad. LG has also revealed plans to release a phablet, the Optimus Vu.

“Most phablets look like you are holding a slice of bread up to your head, or some other similarly awkward object,” Segan said from New York.

But as consumers make fewer phone calls, size isn’t expected to matter.

Tech trends firm ABI Research predicts more than 208 million of these hybrid devices will be shipped by 2015. THE ASSOCIATED PRESS

iPhablet?

- Apple will begin selling a cheaper, smaller iPad by year-end, to help maintain dominance of the tablet market as Google and Microsoft prepare competing hand-held devices, reports say.
- The product, likely to be announced by October, won’t have the high-definition screen featured on the iPad, sources say.

Hybrid device

“They’ll start dropping their smartphones and pick up these phablets.”

Sascha Segan, lead mobile analyst, PC Magazine

Spraying scorn on the banks

Protesters spray champagne as they demonstrate against what they describe as a ‘close relationship between bankers and politicians’ outside Portculis House in London on Wednesday, as former Barclays Bank chief executive Bob Diamond gives evidence to the British Treasury Select Committee. Diamond acknowledged on Wednesday that there had been “mistakes” and “reprehensible” behaviour at the bank as he appeared before British lawmakers. CARL COURT/GETTY IMAGES

U.K. media scandal

Investigator must reveal phone-hack names: U.K. court

Britain’s Supreme Court says a private investigator must reveal who ordered him to hack voice mails on behalf of a tabloid newspaper.

Glenn Mulcaire was jailed briefly in 2007 for eavesdropping on the phone messages of royal aides on behalf of the now-defunct News of the World.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.7¢ US (+0.07¢)

TSX 11,913.87 (+65.12)

OIL $87.05 (-61¢)

GOLD $1,615 US (-$6.80)

Natural gas: $2.91 US (+1¢)
Dow Jones: (Markets closed)

Takeover. Maple bid for TMX gets nod

The longstanding proposed takeover of the TMX Group cleared a number of key regulatory hurdles on Wednesday, perhaps most importantly from the Competition Bureau.

The federal regulator said it will not challenge the attempt to take over the operator of Canada’s major stock exchanges by the Maple Group Acquisition Corp., a factor that could have potentially sidelined the transaction.

Meanwhile, the Ontario Securities Commission gave its approval and published final recognition orders for the deal, which values the TMX Group at $3.8 billion.

Maple spokesman Luc Bertrand said the approvals were “a very major milestone” for the consortium of 12 Canadian banks, pension funds, brokerages and insurers leading the bid.

Competition Commissioner Melanie Aitken said the bureau had serious concerns, but that they had been addressed.

The proposed takeover still requires approval by the British Columbia and Alberta securities regulators.

The Maple consortium has already extended its deadline several times as it awaits full approval for the plan that would see it control as much as 90 per cent of trading activity in Canada. THE CANADIAN PRESS

Trend. Greek yogurt takes off in Canada

As Greece sinks daily deeper into financial crisis, a humble staple of the Greek diet has become a billion-dollar business in North America.

Greek yogurt is flying off supermarket shelves in Canada after conquering the U.S. market. The high-protein content, natural ingredients and creamy taste have made it a hit with consumers in a health-conscious culture.

Greek yogurt is flying off the shelves at grocery stores across Canada. PAWEL DWULIT/TORONTO STAR

Canadian producers have doubled and tripled facilities to meet increasing demand and grocery retailers have experienced temporary shortages, leaving consumers scrambling for the latest holy grail of a healthy diet.

Sales of Greek yogurt have tripled and quadrupled at some Longo’s locations, said Carlo Noce, category manager for dairy at the grocery chain.

TORSTAR NEWS SERVICE

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SUMMER TIME IS NOT NECESSARILY FUNNER TIME

HE SAYS...
John Mazerolle
metronews.ca/hesays

Hey, remember when summer weather was something to look forward to?

That was a real nice season we had once.

But with soaring temperatures, stifling humidity and more frequent disasters, summer feels vaguely threatening — like a guy who smiles too widely all the time.

Recognizing that extreme weather is still dangerous regardless of the season is only common sense, which makes it impossible for most people.

That's why there can be an extreme heat alert, a smog advisory, a tornado watch, a skin pustule warning and a forecast of partly locust-y, and there'll still be some guy on the TV news having a beer on a patio and gushing about the "awesome" weather. If there was a flood he'd talk about how he loves to swim while he floated away on his chair.

Fortunately for you, this column recognizes the dangers and has a few tips to keep the dog days from biting.

As you enjoy this season

"Don't say, 'Hot enough for you?!' This will cause people to punch you in the nose, and they'll be right to do it."

Keeping it cool: DOs and DON'Ts

DO congratulate yourself on your safety consciousness when you realize the chances of you doing anything strenuous, such as having sex or working a job, are zero.

DON'T go jogging mid-day. Going at dawn will make the run more enjoyable, due to fewer people pointing and saying, "Look at the crazy person."

DO drink from a canteen, so that when it's empty you can melodramatically turn it upside down and shake it.

DON'T use a hand fan, unless you're a fading southern belle and can say things like, "I do declare, it's hot enough to parboil an egg in my cleavage," without sounding silly.

DO check in on elderly or sick neighbours, so you can get first dibs on their stuff.

DON'T say, "Hot enough for you?!" This will cause people to punch you in the nose, and they'll be right to do it.

DO drink eight glasses of water a day. It's a totally made-up number with no scientific foundation, but people my age have been spouting it our whole lives, so just do it or we'll feel stupid, alright?

DON'T jump headfirst into an oasis, no matter how dehydrated you are. It's usually a mirage. Telltale signs include palm trees growing in Canada and hammocks strung up in major cities. If you're still not sure, toss a co-worker.

DO leave animals in your car, but only if you intend to eat them later. Free-Range Rover is delicious.

DON'T leave behind Conservatives, even if the window is open a crack. When you return, you may find them sweaty and confused, frothing at the mouth and ranting that climate change is a myth. This is normal. If a Conservative says anything logical, call 911 immediately.

Those are the keys to a safe summer, so long as you also avoid gas barbecues, choking hazards, major highways, dying birds, disease-carrying mosquitos and cancerous sunshine.

Remember that if you see any TV reports that show an entire week without any kind of death, disease or disaster, it's probably a mirage. And, above all, have a good time.

Summer is here, that means rule No. 1 is to be extra cautious while having fun — danger looms behind every corner. GETTY IMAGES

Black Widow conquers 45 hot dogs

MARIO TAMA/GETTY IMAGES

10 minutes to gold

Aficionados hold their titles

Five-time hot dog eating world champion Joey Chesnut, left, and women's world record holder Sonya Thomas 'stare down' at the Nathan's Famous Fourth of July International Hot Dog Eating Contest ceremony.

Thomas, of Alexandria, Va., beat her own record by gobbling down 45 hot dogs and buns in 10 minutes Wednesday to win the women's competition at the annual Coney Island contest. GETTY IMAGES

Previous record

41

The petite Thomas, who goes by Black Widow, won $10,000 US. The previous women's world record was 41 dogs and buns in 10 minutes.

Contest tradition

Dog-eat-dog world

Joey Chestnut ate his way to a sixth straight win, tying his personal best in a sweaty, gag-inducing spectacle.

The 28-year-old San Jose, Calif., man nicknamed Jaws scarfed down 68 hot dogs in 10 minutes in the sweltering summer heat to take home $10,000 US and the mustard yellow belt. He bested his main rival by 16 dogs. The Nathan's Famous Fourth of July International Hot Dog Eating Contest has been a city tradition for 97 years.

THE ASSOCIATED PRESS

After it all went down

"I feel good, it was a great win ... I tried my best. I'm looking forward to next year already."

Joey Chestnut, after the contest, adding he wished he could have eaten a record number of hot dogs for the audience.

Watch the video at metronews.ca

Metropolitan Panel

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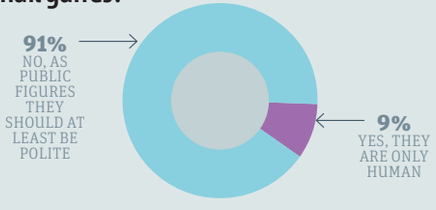
Should politicians be forgiven for their email gaffes?



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@NathanBPowell:
You know when your entire off-season depends on a 38yr old with no ring aspirations signing with you, you got problems #Raptors #Colangelo

@Big_Guy_Ty:
Expect Fantino to secure record amounts of aid as CIDA Min. Also expect Fantino to bring along those accounting differences. #CDNpoli

@DavidJMacKay:
Disappointed the #Raptors likely won't get #Nash. Blessing in disguise. Melo's Knicks + Nash - D'Antoni ain't going nowhere. #doublenegative

@realchet:
For my American friends... The Fantino promotion is the equivalent of naming Daryl Gates as US Trade Representative.

metro

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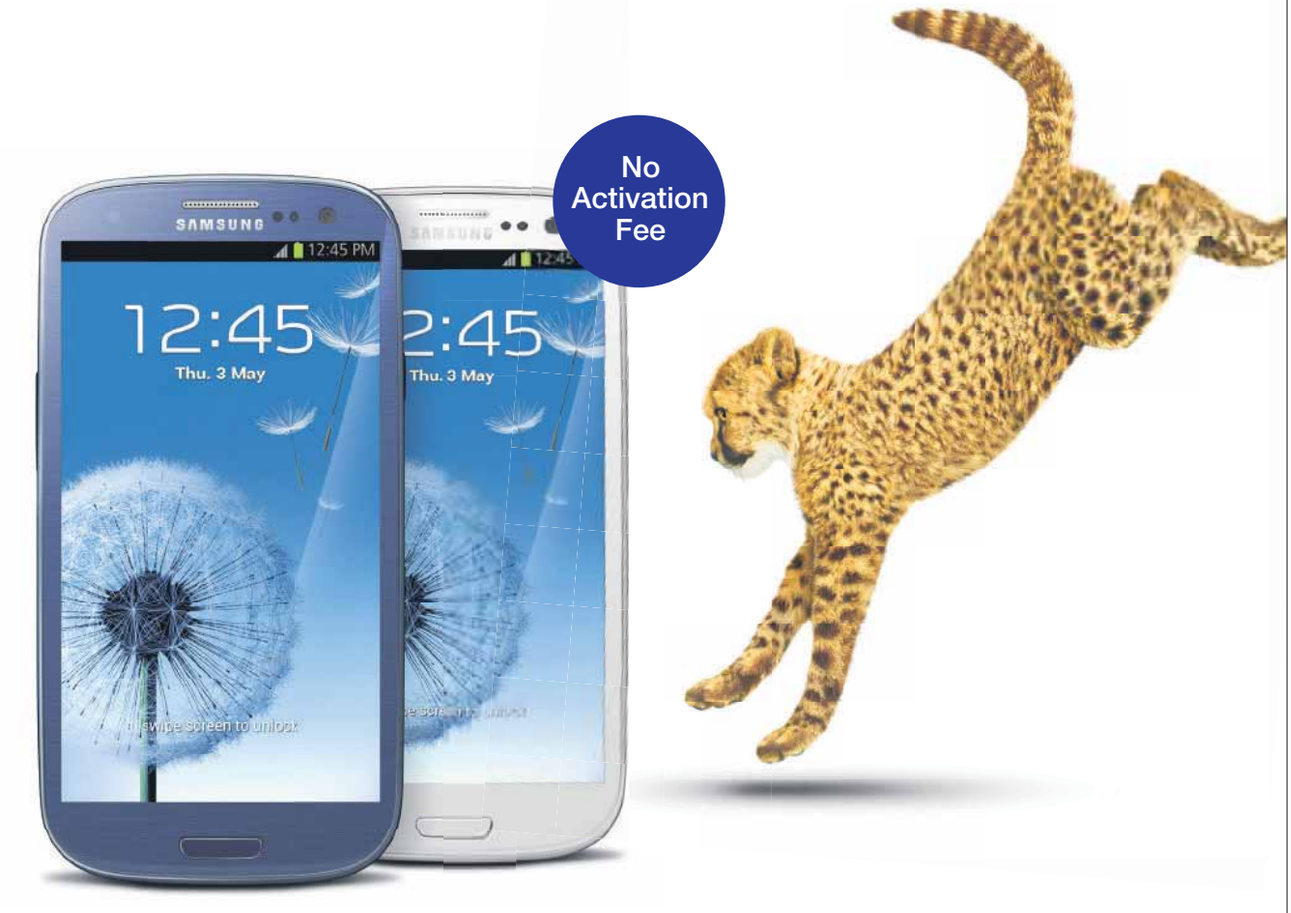

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Would you recognize made-in-Toronto animation? HANDOUT

Back to the drawing board

Animation arts festival. Co-founder of event hopes to shed light on Toronto's bustling animation industry

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

Most Torontonians can tell when a movie's made here, even when the film's not actually set in Hogtown. But what about an animated TV show? Or a video game?

Ben McEvoy is betting no, but he's hoping to change that. As the head of interactive at Optix Digital Pictures here in Toronto, he's keenly aware of the breadth of Toronto's animation industry and he hopes to spread the word as co-founder of the Toronto Animation Arts Festival International, this weekend at the TIFF Bell Lightbox.

"Toronto is one of the leading digital media hubs in the world," he says and Toronto is one of North America's hubs for animation.

"We've never had a festival to tie it all together."

While the festival's inaugural installment is very film heavy — 100 short films and two feature-length movies will be screened over its three days — McEvoy hopes to broaden people's perceptions of animation beyond Disney and anime.

"With all these screens around us, animation is the new illustration or picture. Everything can have movement on it," he says.

Animation can mean visual effects, like the ones used in Abe Lincoln: Vampire Hunter and the new Total Recall, both created here in Toronto. Or it can mean video games, like the ones being created by Ubisoft, creator of the popular Assassin's Creed series, which opened a development studio here three years ago.

"The game that you just played probably had someone from Toronto involved."

The local industry has seen tremendous growth over the last decade thanks to the advent of digital animation processes.

Animation used to mean drawing on paper or cells by hand, something that took a lot of time and manpower.

"Now we have technology that lets people do it in their basement," says McEvoy.

"Three people can replace a whole crew."

Local talent

Nelvana continues creating

While it's a safe bet that someone in the city has been involved with animation since the medium's inception, Nelvana is the one most familiar to your average viewer. "It's the longest running animation studio in Toronto," says McEvoy. Recognized by its logo — a polar bear looking up at a star — the studio is best known for its licensed properties, particularly from the 1980s; the Care Bears, Babar, Rupert, even Star Wars animated spin-offs Droids and Ewoks. Today the studio is owned by Corus Entertainment and continues to create new programming as well as distributing international ones.

2

SCENE

Scene in brief

Hudson's TV role a segue to Broadway?

After winning an Academy Award and a Grammy, Jennifer Hudson is taking a roundabout route to give theatre a try. She'll appear on the second season of the television musical drama series Smash in a multi-episode arc as a Broadway star named Veronica Moore. On Smash, Hudson will join fellow American Idol alum Katharine McPhee, who's one of the show's main characters. "It's just the perfect opportunity," Hudson, a fan of the NBC show, said in a recent interview. She also admitted the show may be a way for her to ease into an appearance on Broadway.
THE ASSOCIATED PRESS

On the web

Amazing Spider-Man snares $7.5M in midnight screenings ahead of Fourth of July

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Wheeling and dealing ain't easy

TV. Vancouver's Liquidator makes his living finding treasures in trash heaps

Jeff Schwarz, right, looks at new fabric arrivals. Haggler, trader and owner of Vancouver's largest liquidator store Schwarz, introduces viewers to the world of moving discarded merchandise. HANDOUT

The fast-paced world of haggling and trading is the theme of the new reality TV show The Liquidator, where it's all about getting the best price for used merchandise.

But it's not as easy as it looks, insists Jeff Schwarz, star of the show and owner of Direct Liquidation, billed as Vancouver's largest liquidator store.

Items for sale can run the gamut from hot sauce to tools to clothing.

"Anything and everything that you can possibly think of we've picked it up," Schwarz said during a visit to Toronto ahead of the show's premiere, Thursday at 9 p.m. on OLN.

Each of the 13 30-minute episodes shows a day in the life of Schwarz's business, from getting a tip and checking out cheap goods to then finding a buyer and making a deal. Characters include Ron, the soft-spoken general manager of Schwarz's warehouse, and Sheldon the bailiff who always has insider scoops about the source of the next haul.

"I can guarantee you that every show can have at least something completely different," Schwarz says. "And I'm not always a winner."

The 43-year-old illustrated this point with a story from his career, in which his profit on one item was a far cry from what it earned for someone else.

"I had a vase once that sat on my freezer for three months. It had no markings and I put it in a sale and I got $400 for it. A week later I saw it portrayed in an antique collectibles magazine at another estate and it sold for like $7,000."

Schwarz has been wheeling and dealing for about 20 years.

He said he was being told as early as high school that he should be in business rather than pursuing his intended career of forestry. He ended up in construction and hurt his back.

While his injury was healing he was at a Christmas party where family members were discussing what to do with the possessions of his wife's late great aunt.

"Somebody said we have this estate here and we don't know what to do with it. I was off work anyway so I asked how much did you get offered and the guy said $450 and I said I'll give you 500 bucks, so I started selling stuff at a flea market," he continued.

"Literally for two to three years every Saturday and Sunday I was going to the flea market. I was also going to school at the time because of my back. I had to get out of construction. When I got out of school I realized I didn't have anything or any money.

"I had one last cheque, which was for $1,200, and I bought a whole household of furniture for $1,300.... I put it all in an auction and actually did OK and from there moving forward I got more and more involved in buying and selling."

It morphed into a lucrative career in which he has tried everything from working at an auction house to opening a discount store to buying and selling storage lockers.

All the deals on the show are real, said Schwarz.

"It's a lot of hard work and people can learn something from some of the stuff that goes on. It's totally real.... It's not what I say I can get for it. It's actually what it was."

Luck doesn't usually enter into dealing, Schwarz has learned.

"Just because you hear of one guy who buys a painting for $50 and sells it for $200,000 I would probably ask that guy how many garage sales he's went to before he hit one. You know, there is always beginner's luck. I've had some of it. Luck is only self-created so you've got to be that person there seven days a week.

"You've got to be there before everybody else and you've got to beat everybody to the punch. There's always somebody behind your shoulder looking for that same spot, so you've got to make the decision then."

THE CANADIAN PRESS

Quote

"It's a lot of hard work and people can learn something from some of the stuff that goes on. It's totally real."

Jeff Schwarz on his reality TV show

Advice from the pro

Here are some tips from bargain hunter Jeff Schwarz:

- **Never pay retail.** "If you cough up the asking price, you walk away knowing you've left money on the table. There's always a deal to be had — suck it up and make an offer."
- **Have them bring the deal to you.** "Someone who really wants to sell their item may offer to bring it to you if they think you're interested in making a deal. This gives you the home turf advantage. So if they're willing to bring it to your door, jump at the chance. They will have already invested the time to come see you and will be even more motivated to make a deal."
- **Think fast.** "To gain the upper hand in any negotiation, you need to learn to think on your feet. You can learn a lot in the first few minutes of a deal. You may learn how badly they need to sell and that will inform you on how to play your cards. So listen up!"
- **Don't be afraid to ask.** "You can lessen your risk by really knowing and understanding the product you are buying. Inspect the merchandise for damage and defects. And don't be afraid to call in an expert to help you appraise the item if it's something you're unfamiliar with. Knowledge is power."
- **Never let them see you sweat.** "Play your cards close to your chest. If a seller can smell how badly you want an item, you're sunk."

THE CANADIAN PRESS

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STOP HAIR LOSS

Introducing the new BIO-FEN® PLUS for MEN and for WOMEN

Hair Grow Technology's Bio-Fen® product line is continually moving forward! We are introducing our two latest versions; **Bio-Fen® Plus for Men** and **Bio-Fen® Plus for Women**. These products have been assigned Natural Product Numbers (NPN's) by Health Canada.

We recognize that both men and women experience androgenic alopecia (AGA, or male / female pattern baldness) and have made some improvements to the original formulation based on the latest science to address their specific needs. You will notice that we now have additional complementary (Health Canada Approved) health claims on each product.

How does Bio-Fen® PLUS work?

We are bringing you two new products with **double** the number of capsules and **triple** the number of health claims for men and **four times** the number of health claims for women.

As in the previous formulation, the fenugreek seed extract in both new formulas reduces excess blood lipid levels (hyperlipidemia). Fenugreek contains β-sitosterol, an active plant sterol, which has been shown to inhibit 5-alpha-reductase activity – the enzyme responsible for converting excess testosterone to *DHT* (which is the primary molecule that causes hair loss). The SDG (secoisolariciresinol diglucoside) from flax lignans in both formulas also decreases excess cholesterol - the building block of testosterone. Based on new research on the rate of metabolism of SDG in flax lignans (8-12 hours on average), the dosage in both products has been revised from once a day to twice a day for optimum results.

Twice the Strength! Twice the Power!

Bio-Fen® Plus for Men:

As before, the saw palmetto extract inhibits the enzyme 5-alpha reductase, and this action slows down the conversion of testosterone to dihydrotestosterone (or DHT) – the overabundance of which causes the miniaturization of hair follicles. This activity of the saw palmetto also helps to relieve the urinary symptoms of mild to moderate BPH for men.

The saw palmetto that originally was an extract standardized to 45% free fatty acids, esters, and sterols while the new formula is a 4:1 extract to support the BPH claim. The product still contains these molecules for hair loss, but they are now at proprietary amounts based on our research so that the competition cannot duplicate our formula.

Bio-Fen® Plus for Men will also help to:

- ***Relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia - BPH (e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination).***
- ***Reduce elevated blood lipid levels / hyperlipidemia.***

#1 SELLING IN CANADA

Bio-Fen® Plus for Women

The women's formula is almost the same as the men's formula. The mechanisms and results for the women formula is the same. The only difference is it contains silicon and iron instead of saw palmetto. Silicon has been shown to contribute to hair shaft strength and thus healthy hair growth. It also contains iron which helps prevent iron deficiency. A number of studies have related sub-clinical iron deficiency in women to diffuse hair loss/alopecia.

The increased amount of SDG and other revisions to the regulations allow us to make some additional health claims for *Bio-Fen® Plus for Women*.

Bio-Fen® Plus for Women will also help to:

- ***Reduce elevated blood lipid levels/hyperlipidemia***
- ***Prevent iron deficiency.***
- ***Metabolize carbohydrates, fats and proteins.***

How long must I use Bio-Fen® Plus?

Bio-Fen® Plus for Men capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or the rate of hair loss is decreased. Anyone experiencing new growth should see it within four months. In some people the original pigmentation may come back. Once you stop completely your hair growth pattern will slowly go back to the point where you started. However, some people may be able to go with a lower maintenance dose.

What is the quality of Bio-Fen® Plus for Men?

Bio-Fen® Plus for Men is manufactured in Canada according to quality assurance specifications called Good Manufacturing Practices (GMP). This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and the finished product prior to sale.

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Third time a charm for Taylor Kitsch?

Savages. Oliver Stone drug flick allows actor redemption shot after back-to-back flops

Taylor Kitsch plays a California marijuana dealer in the movie Savages. MATT SAYLES/INVISION/THE ASSOCIATED PRESS

Taylor Kitsch struck out twice this year in the failed films John Carter and Battleship, spoiling the Friday Night Lights actor's hopes to leap from TV to big-screen star.

Now, Kitsch has a third time at bat with Oliver Stone's drug-war thriller Savages, opening Friday.

While the actor regrets the two previous movies flopped, he's actually a bit relieved that he can take jobs as they come without having to work around sequel schedules had those films developed into franchises.

"Maybe it's a blessing in disguise that it died, and I'm not tied to these things for the next 10 years," said Kitsch, 31. "I'm free to do whatever I want now. If I want to do something in January, February, March, April, I don't have to go through two studios to be green-lit."

Still, Kitsch started the year with the prospect of two studio blockbusters that could have given him steady work for years to come in the continuing adventures of Edgar Rice Burroughs' Mars hero Carter and in more tales inspired by the board game Battleship.

With a bloated budget and fan indifference that resulted in feeble domestic box office of just $73 million, John Carter inflicted a $200 million loss on distributor Disney and helped precipitate the departure of the studio's chairman, Rich Ross.

Universal's Battleship did fair business overseas ahead of its domestic debut, but it floundered at U.S. theatres in the wake of the blockbuster receipts hauled in by The Avengers.

Yet Kitsch doesn't regard the films as wasted efforts. "I feel I grew an immense amount as an actor. On so many levels, it tested me. I wouldn't change a thing. I wouldn't take any of those choices back," Kitsch said.

"I love what I'm doing. I've started to get excited again, and I think, obviously, it was hard on me that they didn't work. You have bosses, we all have bosses, you want to do well for them. But I gave everything I had."

That dedicated work wasn't lost on Stone, who had seen Kitsch on Friday Night Lights and cast him in Savages after catching an early cut of Battleship.

Canada's own

- **Kitsch grew up in British Columbia and got his start in Hollywood in such movies as Snakes on a Plane and John Tucker Must Die before landing a starring role on Friday Night Lights.**

Adapted from the novel by Don Winslow, Savages features Kitsch as a take-no-prisoners U.S. veteran of the war on terror, who partners with his best pal (Aaron Johnson) to run a Southern California marijuana business growing and selling the world's finest weed.

Kitsch and Johnson's characters are hurled into a bloody battle with a Mexican drug cartel in Savages, whose cast includes Blake Lively, John Travolta, Salma Hayek and Benicio Del Toro.

"He was very masculine, a very strong and attractive guy but seemed like a solid guy, a guy who could be an ex-Afghani, Iraqi war veteran who would back his man to the end and bring his team out with him," Stone said of Kitsch.

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Documentary

Katy Perry: Part of Me

Director. Dan Cutforth, Jane Lipsitz

Stars. Katy Perry, Shannon Woodward, Lucas Kerr

●●●○○

This new documentary shows Katy Perry's genuine affection for her followers — she does daily meet-and-greets and invites audience members on-stage to dance — so it is no surprise that Part of Me is geared toward pleasing her Katy-cats. Intercut with lively performances from the wildly successful Teenage Dreams tour are musical numbers galore, visits with her slightly grumpy grandmother and interviews with her staff and friends who generally say the kind of things you expect them to. It's only when the tour nears its end and Perry's marriage is in tatters that the movie reveals something other than a carefully manicured picture of the star. The result is a series of vignettes featuring an attractive, talented young woman who seems really nice.

RICHARD CROUSE

Downtown

Carlton
20 Carlton St.

(PG) Thu 1:50-4:30-7:10-9:30

Scotiabank Theatre
259 Richmond St.
3D (PG) Mon 4-7 Thu 12:30-2:55-5:20-7:45-10:10

West End

Queensway
1025 The Queensway
3D (PG) Thu 12:30-2:55-5:20-7:45-10:10

North York

Empress Walk
5095 Yonge St.
(PG) Digital, Thu 2:15-5:15-8:15-10:45
3D (PG) Thu 1:15-4:15-7:15-10:15

Silvercity Fairview
1800 Sheppard Ave. E., 416-644-7746
3D (PG) Thu 12:10-2:45-5:15-7:45-10:15

Scarborough

Coliseum Scarborough
300 Borough Dr.
3D (PG) Thu 12:30-2:55-5:20-7:45-10:10

Eglinton Town Centre
1901 Eglinton Ave. E.
3D (PG) Thu 12:15-2:50-5:30-8:05-10:35

401 & Morningside
785 Milner Ave.
(PG) Thu 1-3:40-6:10-8:35-11

Peel Region

Coliseum 10
309 Rathburn Rd.
3D (PG) Mon 4-7 Thu 12:30-2:55-5:20-7:45-10:10

Courtney Park 16
110 Courtney Park Dr.
(PG) Thu 1:35-6:15-10:55
3D (PG) Thu 11:15-3:55-8:35

SilverCity Brampton
50 Great Lakes
3D (PG) Thu 12:30-2:55-5:20-7:45-10:10

North

Aurora Cinemas
15460 Bayview Ave.
(PG) Thu 12:30-2:55-5:25-7:55-10:20

Promenade Mall
1 Promenade Circle
3D (PG) Thu 12:30-2:55-5:20-7:45-10:10

Colossus 19
3555 Hwy 7 West
3D (PG) Thu 12:30-2:55-5:20-7:45-10:10

Elgin Mills 10
10909 Yonge St.
(PG) Thu 12:25
3D (PG) Thu 3-6:25-9:10

SilverCity Richmond Hill
8771 Yonge St.
3D (PG) Thu 12:30-2:55-5:20-7:45-10:10

Halton

Galaxy Cinemas Milton
1175 Maple Ave.
3D (PG) Thu 11:55-2:35-5:10-7:55-10:40

Winston Churchill
2081 Winston Park Dr., Oakville
(PG) Thu 12:25-2:40-6:20-9:05
3D (PG) Thu 1:25-4:30-7:10-9:45

Durham

Ajax
248 Kingston Rd. E
(PG) Thu 12:15-2:40-5:05-7:30-9:55

Pickering 8
1355 Kingston Rd., 416-646-0444
(PG) Thu 1:55-4:40-7:25-10:20

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Heidi Klum ALL PHOTOS GETTY IMAGES

Heidi Klum remains sour on marriage

"I don't know if I'll get married again," Heidi Klum, model and host of Project Runway, tells newspaper Bild am Sonntag.

After seven years of marriage, she separated from husband/singer Seal earlier this year.

"Although I really enjoyed being married. I'm a dreamer. I loved our annual fairy tale weddings that were our big family parties. But sadly, it somehow didn't work out."

That said, she's remained optimistic about the future, even if it doesn't involve a partner.

"I think everyone should work on their dreams," she told the paper. "I try to. I look into the future, concentrate on my family and I have to say that I'm happy. There are worse things in life than a separation."

The Word

Frank attracts an Ocean of attention by coming out

SAM CASTONE
Metro World News

A few days after newscaster Anderson Cooper revealed he was gay, an entertainer from an entirely different spectrum also shared something about his sexuality... with potentially groundbreaking results.

"Four summers ago, I met somebody. I was 19 years old. He was too," wrote singer and songwriter Frank Ocean, a member of hip-hop collective Odd Future, on his Tumblr page.

"We spent that summer, and the summer after, together. Everyday almost. And on the days we were together, time would glide. Most of the day I'd see him, and his smile. Sleep I would often share with him. By the time I realized I was in love, it was malignant. It was hopeless. There was no escaping, no negotiating to the women I had been with, the ones I cared for and thought I was in love with."

He goes on, leaving the reader to guess he is either gay or bisexual.

In the hip-hop world, being openly gay is uncommon, and Ocean is the most high-profile urban artist to ever publicly address being with a man. In fact, one of Ocean's collaborators, Tyler, the Creator, has been accused of being homophobic.

About Ocean, Tyler tweeted: "My Big Brother Finally Fucking Did That. Proud Of That Nigga Cause I Know That Shit Is Difficult Or Whatever. Anyway. I'm A Toilet."

Hip-hop legend Russell Simmons wrote on his own blog congratulating Ocean.

"Today is a big day for hip-hop. It is a day that will define who we really are. How compassionate will we be? How loving can we be? How inclusive are we? I am profoundly moved by the courage and honesty of Frank Ocean…."

Ocean has written songs for Justin Bieber, John Legend and Beyoncé, and appeared with Jay-Z and Kanye West on Watch the Throne.

His new album, Channel Orange, debuts July 17.

Brad Pitt

Move over Brad, Doug Pitt has arrived

Brad Pitt once starred in a Super Bowl Heineken commercial, and has made more than 30 ads in Japan alone (for Edwin jeans and other products).

But he better watch out, because his brother, Doug, just scored an ad with worldwide buzz. Appearing in an Australian commercial for Virgin Mobile, Doug (Brad's real bro) is seen as a boring suburban guy wearing khakis, taking an inordinate amount of pleasure from mowing the lawn, cooking and doing other household chores. The gag is that he's the anti-Brad.

Twitter

@iamrashidajones
Celebrating July 4th in London is a little like baking yourself a birthday cake and then eating it alone in a dark closet. #IMissFireworks

@AlbertBrooks
BREAKING NEWS: There is a God.....particle.

@Tyrese
Acting Advice::. The day you STOP caring about how fly and sexy you are you might have a real shot at being an actress or actor...

@JerrySeinfeld
The reason every "Seinfeld" character greeted with "Hey,(name)" was secret tribute to #andygriffith-show #true #andyandbarn4ever

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SHOPPERS DRUG MART

Soak up some sun

Summer. Mott 50 is the fashionable solution to sun safety, and co-founder Anne Botica Reilly explains why their label is set to shine

RICHARD PECKETT
life@metronews.ca

Safety has never been a sexy subject. It's always been a difficult sell, especially for fashion brands.

Ironically, it's a world that attracted Monique Moore and Anne Botica Reilly to launch their sun-protective label Mott 50 (mott50.com).

The brand is named after their old apartment's street (Mott Street, New York City) where the concept came to fruition in March 2011.

Moore and Reilly intended to take full of advantage of the female shift in attitude towards tanning and skin preservation.

Reilly explains, "I have a history of skin cancer in my family, so I have seen the direct effects — my aunt passed away and my mother is currently affected."

However, despite advances in skin care, the reality is that skin cancer among young people is on the rise. The World Health Organisation states that every year 132,000 melanoma skin cancers and two to three million non-melanoma skin cancers occur globally and this is set to rise. This can be attributed to the depletion of the ozone; however, that doesn't free us from our responsibility for self-preservation.

Luckily, UPF (ultraviolet protection factor) clothing doesn't have to resemble a poncho or be as coarse as a hair shirt.

"We could see that a lot of the stuff was not that desirable for women to wear — it's uncomfortable on the skin." Reilly adds, "We have customers who like the fabric and the way that it looks — the added value is the UPF50 element." The failing of many other UPF labels is that they allow the safety aspect to dominate the aesthetic at the expense of the look.

Reilly admits, "It isn't a high-end fashion brand at all but we do try to play on the trends." Currently, Mott 50 offers wardrobe staples such as cardigans, crewnecks, henleys, tunics, shifts, maxi dresses and short and long-sleeved shirts for guys. "We look to the designers like Ralph Lauren, Burberry Prorsum and Thakoon, so we do try to make our label a little more funky," says Reilly. The biggest challenge for the design duo is sourcing fabrics. At the moment they use materials such as cotton poplin and bamboo spandex but they're working on expanding their remit.

The way that the process works is that clothing manufacturers pour in a blend that closes the porosity of the fabric to prevent harmful UV penetrating the skin. Alarmingly, "the average white T-shirt only has a UPF of five," says the Chicago native. Shocking, but does such a limited collection have any real future, given the amount of skin sun-care products now available? Reilly certainly believes so,

"Advances in sun care actually helps our business. It raises awareness for our products and stresses the need for labels like ours."

As well as being stocked in stores such as Neapolitan, New York, the girls plan to increase their men's wear line next season and are hoping to launch a children's wear collection next summer, which Reilly describes as "a huge market."

GAP Bandeau one piece GAP

Mott 50 tunic MOTT 50

Mott 50 tunic MOTT 50

Insert your face above MOTT 50

Anne Botica Reilly, left, and Monique Moore MOTT 50

Summer skin-care

SMOOTH

Malin + Goetz chamomile treatment

$68, malinandgoetz.com (available mid-July)

TONE

Clinique skin tone correcting lotion SPF 20

$45
clinique.com

PROTECT

Shiseido: Urban environment UV protection cream plus SPF50

$30
shiseido.ie

3 LIFE

Fashion Flash

Bottling Bon Jovi: Avon picks rocker as newest perfume partner

Jon Bon Jovi is going Unplugged in a bottle. Avon Products Inc. announced Monday that the 50-year-old rock star is the company's newest celebrity fragrance partner. He'll appear in ads for both Unplugged for Her and Unplugged for Him. The company said the inspiration for both scents is the unique feeling one has listening to a favourite song. The goal is "an emotional connection." The women's version, which will be available through Avon representatives and online in October, is a floral oriental perfume, and the men's is a woody floral musk fragrance. It will go on sale in November. Both Avon and Bon Jovi said admiration for each other's involvement in philanthropy largely drew them together as partners.

THE ASSOCIATED PRESS

On the Web

Designer presses the limits of patience: 60 hours of fashion in Band of Outsiders' Paris show

Twitter

JEANNE SPACE
Jeanne Beker
life@metronews.ca

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@Jeanne_Beker: Off to Paris tonight for some hits of couture and a big 'Cinderella slipper' reveal by Christian Louboutin @LouboutinWorld

@Jeanne_Beker: Our beautiful Jessica Stam outside @MaisonValentino This time, she just came to watch, + loved it!

@Jeanne_Beker: Gold embroidered jumpsuit with mink trim collar, @ MaisonValentino

@Jeanne_Beker: Glitter takes austerity of the dark navy mood to a whole new level of modern glam @MaisonValentino

@Jeanne_Beker: Someone asked to see heels I've been stumbling around in all day. Now finally off in back of a cab!

The Kit

Canadian street style

Spotted in: Montreal

Claudia Alexander

McGill student, waitress at a raw food bar, permaculturist

Age: 22

What she's wearing:
Vintage top picked up in a London, England market. My mom's old jeans, my little sister's Garage parka, my boyfriend's POP Montreal canvas bag, crochet slip ons, vintage jewelry and my David Yurman ring, which I never take off.

Her inspiration:
"Summer by the ocean in Maine — and stealing inspiration from everyone else's closets!"

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Fierce frames

This summer is all about ramping up the eye candy. We check out some of the hottest sunnies out there.

RICHARD PECKETT
life@metrionews.ca

1

Topshop

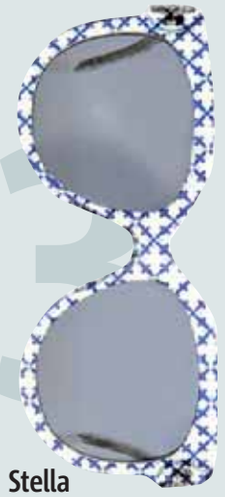
'90s metal insert sunglasses, $21, topshop.com

2

Yves Saint Laurent

Cat eye acetate sunglasses, net-a-porter.com

3



Stella McCartney

Teardrop sunglasses, $225, shopbop.com

4

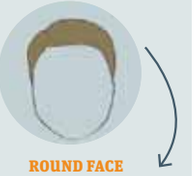
ASOS

Bridge Detail Cats Eye Sunglasses, $20, asos.com

Framed to perfection Here's our definitive guide to picking the right frames for your face.

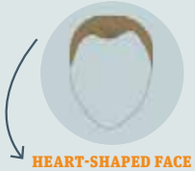
OVAL FACE

Your face looks good in any style, so try anything from rectangular to cat's eyes styles.



ROUND FACE

Contrast your circular face with rectangular or square frames.



HEART-SHAPED FACE

Make the most of your bone structure with an Aviator–style or oval sunnies.

NARROW FACE

Chiseled cheekbones, a narrow jaw and a wide forehead? Look to oval-shaped or round styles.

LONG, THIN FACE

Like with an oval face, you look good in any style, so try anything from rectangular to cat's eyes styles.

SQUARE FACE

Use your strong jaw and wide cheekbones to your advantage with round, oval or cat's eyes frames.

METRO CUSTOM PUBLISHING

A 'BERRY' GOOD TIME FOR THE FAMILY

Farmers' markets and roadside stands are now bursting with delicious strawberries. The short drive from the GTA northeast to the Kawarthas brings you to the McLean and Buckhorn Berry Farms and their annual strawberry festival running throughout July. Live music, pick-your-own-strawberries, wagon and hayrides, and a barbecue make for a "berry" good day for the family. For more, visit the "Berried" Treasure Map and Guide on ourfavouriteplace.ca.

After a day of strawberry feasting and fun, book an overnight stay at one of the many charming accommodations such as Westwind Inn or Selwyn Shores Waterfront Bed and Breakfast, and enjoy ripe Ontario strawberries in tasty recipes prepared by talented local chefs.

If antiques and classics are more your speed, this is also the weekend of the 18th annual Lakeside Antique & Classic Car Show in Cobourg. The show runs Sunday from 9 a.m. to 4 p.m. and features beautifully preserved and restored vehicles from the early 1900s to 1990.

While in Cobourg, also check out Legacy Vintage, one of designer Thomas Smythe's "favourite salvage shops," currently featured in the August issue of Canadian House & Home magazine. These vintage lighting, fixtures and salvaged architectural pieces add personality and panache to any decor.

Whether your weekend plans include sweet strawberries, sweet rides or sweet design finds, the region that has it all is called "Our Favourite Place." So head to Peterborough, Kawartha Lakes and Northumberland.

We're sure that Our Favourite Place will become your favourite place.

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New midtown developments

Tridel's latest development at Yonge and Eglinton. SUBMITTED

Meet the condo

- **What.** Tridel and Beaux Properties, at Yonge and Eglinton
- **Check it.** 101 Erskine, www.tridel.com, 416-480-0700
- **Sizes.** Tower: 435–2,102 sq. ft.; Townhomes: 2,282– 2,422 sq. ft.
- **Pricing.** Tower: From $258,000; Townhomes: From $1.295 million

The project overview

Tridel does it again with their latest development, a 32-storey tower with 421 units and ten townhomes in a fantastic location in one of Toronto's most desirable neighbourhoods. 101 Erskine's penchant for sleek is echoed in its clean linear exterior design and refined interiors.

Location and transit

Right at the Eglinton TTC subway station, with prime subway and bus route access, you can be in the downtown core within minutes. North to Highway 401 or east to the Don Valley, either way gets you to where you need to go from this highly central location.

In the 'hood

The condo tower and townhomes on this masterfully planned site are just steps away from Yonge Street. Top tier retailers and restaurateurs flourish in this midtown neighbourhood. Within easy walking distance there's a vibrant mecca of world-class dining, shopping and leisure spaces.

Building amenities

Featuring a yoga studio and sauna, a rooftop terrace on the sixth floor with outdoor infinity pool, and fireplace lounge. There's a theatre, a party room with bar, a private dining room, a catering kitchen with adjoining outdoor terrace and barbeque/dining area, and a billiards lounge.

Five-year mortgage rates

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5.24%	CIBC	3.20%
5.24%	HSBC	3.10%
3.44%	ICICI	3%
3.29%	ING	3.00%
5.24%	RBC	3.20%
4.99%	SCOTIA	3.10%
5.24%	TD	3.20%
2.99%	BROKER	2.80%
5.24%	NATIONAL BANK	3.20%

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Rooftop surfing

Living amongst the clouds

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) and can be found at twitter.com/bildgta), (facebook.com/bildgta), and bildblogs.ca.

We've observed over the last few years that the GTA's housing market has made a shift towards higher-density living over the last decade.

The scales have tipped in the condominium's favour so much that we aptly coined 2011 as the 'year of the condo' after a record 28,466 new condominiums were purchased across the GTA.

So far, 2012 has seen less dramatic results, but how do they line up against years that haven't smashed any real estate records?

According to RealNet Canada, as of the end of May 2012, the GTA has seen 8,924 new high rise sales. That's the second best sales total for the first five months of a year in the last 13, despite being 22 per cent less than this time in 2011.

The decline, however, has spawned a number of skeptics who claim that this is a sure sign of a housing collapse. The fact is that sales numbers are still 2 per cent higher than they were in 2010 and the totals are in line with those over the past decade.

I want to also point out that interest rates have remained low, despite Finance Minister Jim Flaherty's decision to shorten the maximum amortization period to 25 years — taking effect July 9.

To me, this move was not about people buying homes, but ensuring that people who buy homes are in a position where they could afford them.

In fact, Flaherty was recently quoted saying that he expects Canadians will continue to buy homes, but if they now purchase "less house or less condominium, quite frankly, I think that's a good thing."

Of course, we can't talk about new condominiums without mentioning the depleted rental market in the GTA. Construction of rental apartments is extremely low while existing properties are old and mostly occupied. With about 100,000 new residents coming to the GTA each year, many of them new immigrants, we are seeing a rising inflow of new renters.

Don't let the skeptics fool you. Condominium living is still in style, and it looks like it's here to stay.

What's hot on the condo market?

DUNCAN MCALLISTER

1. Trinity Lofts

By the water

Trinity lofts open house: Furnishings and design incentives. Check it out at 2 Eastern Avenue near the waterfront. July 7 from 1–3 p.m. Call 416-690-2988.

2. Markham

Suburbs

Markham grand opening: Riverwalk East condos at 60 South Town Centre Blvd., July 6 from 12–4 p.m. Call 905-479-5557.

3. Mississauga

West End

One Park Tower townhomes: Mississauga open house, three bedrooms. Check it out at 388 Prince of Wales Dr., July 7–8 from 2–4 p.m. Call 905-257-3633

4. Downtown

Grange living

Downtown condo: One bed, one bath. Open house in the Village by the Grange, 89 McCaul St., July 7–8 from 2–4 p.m. Call 416-762-8255

Instructables: 'The world's biggest show and tell'

DIY. How a personal project developed into a professional business model — founder and designer Eric J. Wilhelm dishes on his website and some of its wacky intentions

RICHARD PECKETT
richard.peckett@metro.lu

Yes, it sounds like the latest do-gooder, superhero movie but Instructables.com is in fact a globally-known self-help site with projects and solutions for everything from technology to food recipes.

The concept behind the platform was born from founder Eric J. Wilhelm's passion for building his own kite-boarding equipment during the sport's early beginnings in 2000. He recalls, "Half of the kit would perform spectacularly and half would fail spectacularly — the coast guard was called on multiple occasions."

He documented his progress on his personal website, which soon garnered the attention of fellow kite boarders who were keen to discover the designer's tips. The California-based Wilhelm says, "It was taking just as long to write a web page on how to make a kite board as it did to build the equipment — I needed a tool to make that easier."

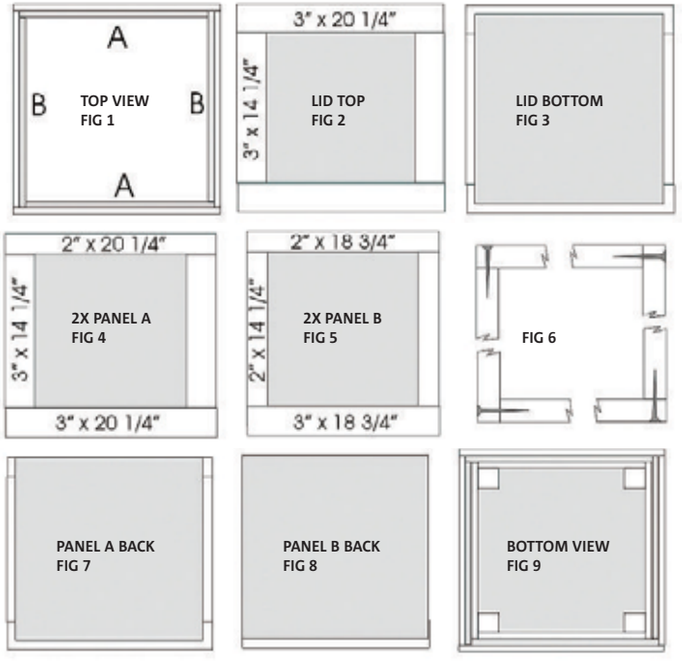
His solution was to set up Instructables.com, a spin-off of Squid Labs (engineering design and technology innovation company), which he co-founded with a few M.I.T. alumni. In layman's terms, Instructables is as stated in "How to Start a Business" (yep, there's an instructable for that too): "the world's biggest show and tell" platform for users to upload projects and solutions.

Wilhelm says that in just six to nine months they had almost one million visitors. "We ran the site for five years and in August 2011 we were acquired by Autodesk." In an age obsessed with documentation and social networking, it seems likely that the Instructables' community of like-minded DIY-ers will continue to flourish.

Try one for yourself below.

Does yours look like this? CONTRIBUTED

Wooden Letter Block Box



The Build

- Buy three pine panels (pictured 18" x 36) and cut two in half.
- The remaining panel will be cut into 2 panels of 17" sq.
- Attach the four sides together with staggered joints.
- Drill pilot holes, countersink, glue and screw together – 3 screws per edge. (see fig. 6).

Trimming the panels

- Cut the trim from the 2" and 3" pine (fig. 4 & 5).
- Start with panel "A" (fig. 4) place boards on box to check fit
- Make the 2" board flush with the top. Ensure that there is a ¾" overhang on both sides.
- Glue back of the board and clamp to the box.
- Screw from the inside of the box with pre-drilled holes and countersink the 3 screws.
- Repeat for two sideboards and bottom board.
- Rotate box 180 degrees and attach the trim on panel "A" and repeat the first step.
- Flip box 90 degrees and attach the "B" panel (see fig.5).
- Flip 180 degrees and attach last panel to the box.

Top and bottom

- The 3" trim will extend 1 1/2" past the edge of the lid panel
- Start with top strip, glue and screw it, then attach the two side strips then the bottom piece.
- Allow glue to set
- Meanwhile, cut some 2" pine and glue and screw it on the bottom of the pine panels to support the bottom panel.
- Drop in the bottom panel from the top, glue and screw from the bottom.
- Cut 4 3" square blocks and attach to each corner allowing wheels to be fixed to the box.
- Cut the quarter round molding to the bottom edge of the box and glue in place.
- Cut the molding and run it down the inside corners up to 3/4" from the top.
- Uncovered screw holes should be filled with wood filler and give the whole thing a thorough sanding.

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Style your home after Thompson Hotel

Accents of orange pop off crisp white and espresso neutrals at Toronto's Thompson Hotel. THOMPSON.COM

Hotel chic. Pops of colour and organic lines make comfortable style

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

The Thompson Toronto is Thompson Hotel's first international property outside the United States and opened two years ago in the King West Village, connected to the entertainment and financial areas, and walking distance to the Toronto island airport.

Designed with signature crisp lines by New York design firm Studio Gaia, the hotel's 102 guest rooms feature classic dark wood floors, cool white walls, organic and mid-century modern furnishings along with bright pops of fashionable orange. The look has now become synonymous with chic condo buildings around the country's largest city.

The rooms are crisp, modern and resemble oversized condo living with large windows boasting city views.

Lifestyle amenities include a rooftop lounge and pool area — the first of its kind in Toronto. Recreating the Thompson look is easy. Keep it clean-lined with neutral tones while adding a pop of colour such as orange, purple or turquoise. Here are a few affordable 'Thompson-esque' products to help you get this look in your own abode.

Super-charged with colour and easy-to-care-for bedding adds style for less. Karit blanket and pillow cover, $50, Ikea.ca

Useful yet trendsetting in orange makes for the perfect lamp. Carpenter Lamp, $80, CB2.com

Industrial legs with natural bone top gives a high-end contemporary look. Bone Side Table, $239, WestElm.com

Modern, chunky designs add a timeless feel with natural wood. Ronan Two Drawer Nightstand, $380, CrateAndBarrel.com

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Etiquette

Dealing with stinky summer feet

With summer here, I loathe to wear socks. How can I wear my shoes without socks, and how can I keep my shoes — and feet — from smelling? Also, is there an etiquette when it comes to going sock-less when you visit a friend's place? Should you remove your shoes?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Only the asparagus should smell like feet at a dinner party. ISTOCK

First, let's make sure you are wearing the right shoes! If you are going to go "sock less" than traditionally you would never do so in laced shoes. Usually the shoe that is used is a "loafer" style shoe.

Now remember this is a casual style of dressing and is most appropriate socially. You should never go to work or out for a business dinner dressed without socks, it is just too casual a dress attire.

Now the problem with feet no matter who you are is that they naturally perspire (sweat), thus leather or plastic shoes combined with sweat generally smells.

So what to do?

First to state the obvious, clean fresh-washed feet are an important must. Secondly, let your shoes air dry with a dash of baby powder or talcum powder to absorb the moisture and help remove it.

Now the etiquette of when to wear shoes "sock-less" is also important.

If you know you are going to go to someone's home and be asked to remove your shoes, then never go "sock-less" as it is rude to walk around their home in your bare feet, even if you have clean feet.

If you arrive somewhere unexpectedly, and must remove your shoes, then always ask for a pair of slippers.

Now go enjoy the summer in your bare feet on a beach somewhere!

Heirloom veggies prized by many gardeners

More bang for your bite. Enthusiasts love the stories, flavour and strength of heirlooms

As recently as a decade ago, the word "heirloom" was used to describe jewels, furniture or handicrafts — one-of-a-kind items of uncommon quality or design — that were passed down by families over generations. Now, that tag is just as frequently attached to vegetables, fruit and flowers.

Enthusiasts say heirloom vegetables offer more flavour, nostalgia and authenticity.

"I think it's all about the flavour," said Kathy Mendelson, a botanist from the Seattle area and author of a website called The Heirloom Vegetable Gardener's Assistant.

"Nobody wants a plateful of bland for dinner, and the best of the heirlooms have flavours that are complicated — delicate, bold, sweet, not sweet, rich, distinctive and more," Mendelson said.

Halladay's Mortgage Lifter tomatoes developed in the Depression's 1930s. SEED SAVERS EXCHANGE/THE ASSOCIATED PRESS

These Chocolate Beauty peppers mature from green to mellow brown. SEED SAVERS EXCHANGE/THE ASSOCIATED PRESS

Nostalgia plays an important part, too, she said, but heirlooms are more than just sentimental favourites: "For example, they can have to do with family, community, certainly with culture, and also History with a capital 'H' — researched and documented."

What's not to love when growing tomatoes given such descriptive names as "Radiator Charlie's Mortgage Lifter," "Brandywine," "Trucker's Favourite" or "Amish Paste"?

Tomatoes are the favourite, but have been eclipsed in the marketplace by hybrid varieties created for disease resistance, appearance and longer shelf life. Squash, potatoes, beans, peppers, cucumbers, carrots, herbs and melons also are popular. THE ASSOCIATED PRESS

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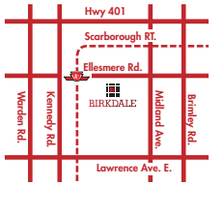

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Watermelon goes beyond dessert while duck takes over for chicken

1. Glaze: In a blender, purée the watermelon flesh until smooth. Set aside. In a small, heavy-bottomed saucepan over medium, heat the apple jelly, stirring constantly, until it is melted. Add the watermelon juice and stir to combine. Stir in the lime zest and juice, red pepper flakes, jalapeno hot sauce and salt. Mix and taste, adjusting the seasoning if desired. The glaze can be used warm or cooled. It can be refrigerated in a tightly sealed jar for up to 2 days.

2. Heat one side of a grill to medium and the other side to low. During cooking, if you get flaring from the duck fat, you may need to turn off the low side completely.

3. Use paper towels to pat dry the duck. Using poultry or kitchen shears, cut along each side of the duck's backbone and remove it. Turn the duck breast-side up. Open the 2 sides of the duck as if you were opening a book, and lay it flat. Break the breast bone by firmly applying pressure and pressing down. Tuck the wing tips under the upper wing and place on a sheet pan. Set aside.

4. In bowl, mix salt, pepper and cayenne. Brush the duck all over with olive oil. Season lightly on both sides with the spice rub. Place the duck skin-side up directly on the grill grates on the cooler side of the grill. Grill for about 2 hours.

5. After 2 hours, brush the glaze on the duck. Continue grilling for another 20 to 30 minutes, brushing with the glaze 2 more times during the final grilling time. Grill until the juices run clear and the thigh registers 190 F.

6. Remove the duck from the grill and brush with glaze one last time. Let the duck rest for 10 minutes. Cut the duck into halves or quarters and serve.

Ingredients

Spicy Watermelon Glaze:
- 1 cup seedless watermelon flesh
- 1/2 cup apple jelly
- Zest and juice of 1/2 lime
- 1 tsp red pepper flakes
- 1/2 tsp jalapeno hot sauce
- Pinch of salt

Grilled Butterflied Duck with Glaze
- 6-lb duck
- 1 tsp kosher salt
- 1/2 tsp coarsely ground black pepper
- Pinch of cayenne pepper
- Olive oil
- Spicy watermelon glaze

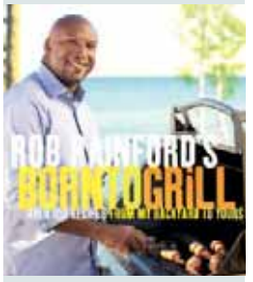
Grilled Butterflied Duck with Spicy Watermelon Glaze

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, GRILLING AND SOUTHERN FOODS EXPERT & EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS, IN NEW YORK & WASHINGTON AS WELL AS HILL COUNTRY CHICKEN IN NEW YORK

Book of the week

Grill master lesson



In Born to Grill, Rob Rainford brings barbecue prowess to more than 100 recipes and 20 complete menus from around the world. The book is designed for hosting family and friends around your backyard barbecue.

While there are plenty of great grill classics (with a Rainford twist), he pushes barbecue boundaries with some true grilling originals and expert techniques, like cold smoking. As a result, readers get recipes that move beyond burgers and steaks. Among them are: Rotisserie Butter-and-Sage Cornish Hen, Portobello Mushroom Napoleons, Spanish Paella with Grilled Seafood, Egyptian Lamb Koftas and more. METRO

Transform your backyard to a Spanish oasis with Paella

1. In bowl, toss chicken thighs with 1/4 cup (50 ml) Memories Of sauce. In another bowl, toss shrimp with 1/4 cup (50 ml) Memories Of sauce. Cover both with plastic wrap. Place in fridge. Marinate 30 minutes. Preheat barbecue to medium-high heat.

2. One pouch at a time, place rice pouch on paper towel, seam side up. Microwave on high 3 mins. Let cool slightly and transfer contents to bowl. Set aside.

3. Place chicken thighs, shrimp and whole chorizo sausage on greased grill. Cook shrimp 5 mins., turning once halfway, or until cooked; cook chicken and chorizo 10 mins., turning every few minutes, or until cooked. Remove from grill. Once cooled, slice each thigh lengthwise in quarters and slice chorizo crosswise on diagonal into 1/2 inch (1 cm) thick pieces. Set aside. Keep chorizo separate.

4. Toss pepper with 1 tbsp (15 ml) of the olive oil; grill 12 mins., turning every few minutes, or until softened and charred. Cool, then cut into bite-sized pieces. Set aside.

5. Increase barbecue heat to high. Place shallow metal roasting pan on grill. Once pan is hot, add remaining olive oil. Add onion, garlic and thyme; cook, stirring frequently, 10 mins. or until onions soft and slightly coloured. Add tomatoes, chopped red peppers and chorizo; cook, stirring 5 mins.

6. Stir in peas, salt, pepper, chicken broth, brown rice, chicken, shrimp and remaining Memories Of sauce. Cook 10 mins, stirring occasionally. Remove from heat. Squeeze lemon over dish and sprinkle with parsley. NEWS CANADA

This recipe serves 12. NEWS CANADA

Ingredients
- 6 boneless skinless chicken thighs, about 500 g
- 1 btl (350 ml) PC Memories Of Spain smoked paprika marinade
- 1 pkg (454 g) PC Black Tiger Gigantico raw zipperback shrimp, thawed and peeled
- 1 box (851 g) PC cooked brown rice sides
- 1 pkg (250 g) PC mild Spanish-style chorizo sausage
- 2 sweet red peppers, stemmed, cored and quartered
- 1/4 cup (50 ml) olive oil
- 2 cups (500 ml) finely diced white onions
- 3 tbsp (45 ml) chopped garlic
- 2 tbsp (25 ml) chopped thyme
- 2 cups (500 ml) chopped tomatoes
- 1 cup (250 ml) PC frozen small sweet peas
- 1 1/2 tbsp (7 ml) sea salt
- 1 tsp (5 ml) freshly ground black pepper
- 1 cup (250 ml) PC Blue Menu chicken broth
- Half a lemon
- 1/4 cup (40 ml) chopped parsley

Short Rib Sliders & Slaw

1. Heat grill to high. Then, to make slaw, in bowl combine snow peas, carrot, mint, raisins and vinegar. Toss well, season with salt and pepper, set aside.

2. Using oil-soaked paper towel held with tongs, oil grill grates.

3. In bowl, combine brown sugar, salt, pepper, cayenne, allspice and thyme. Rub mix onto all sides of short ribs. Grill on medium 4 minutes per side. Transfer the meat to a plate and allow to rest for 6 to 8 minutes.

4. To serve, pile slaw onto each bun, then top with a piece of short rib. THE ASSOCIATED PRESS

Ingredients

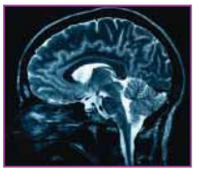
Slaw:
- 1 cup snow peas, in strips
- 1/2 cup grated carrot
- 1 tbsp chopped fresh mint
- 1/4 cup raisins, chopped
- 1 tbsp cider vinegar
- Salt and ground black pepper

Short ribs:
- 1 tbsp brown sugar
- 1/2 tsp salt each black pepper
- Pinch cayenne pepper
- Pinch allspice
- 1/2 tsp dried thyme
- 1 lb boneless short ribs, cut into 6 pieces
- 6 small buns

DO YOU THINK YOU MIGHT HAVE SEASONAL AFFECTIVE DISORDER (SAD)? YOU COULD BE ELIGIBLE TO PARTICIPATE IN A BRAIN IMAGING STUDY!

Are you interested in how the seasons *change your mood and affect the brain?*

Inclusion criteria:
- Male or female, ages 18-40, in good physical health
- Currently not taking any medication
- Seasonal occurrence of depressive symptoms (i.e. depressed mood, lack of energy, sleep disturbance)



We will prioritize scan scheduling for SAD participants
Scans will be scheduled from June to August and repeated during the winter

COMPENSATION PROVIDED
(Participants will also receive a complimentary picture of their brain scan)

FOR MORE INFORMATION, PLEASE CALL:
(416) 535-8501 *EXT. 6149*

camh

4

SPORTS

Quoted

"I know at some point in my career when I'm not playing baseball I might look at it from the outside and be like, 'Whoa, I guess I had a good career.' I look at it right now as just another home run."

David Ortiz's milestone 400th home run became one of the few bright spots for Boston on a disappointing 2-5 road trip out West. The 36-year-old Big Papi's home runs rank eighth among active players and 49th on the all-time list. Next up for him to catch: Hall of Famer Duke Snider with 407.

On the web

Spain's second-straight European championship win only solidified its spot atop the FIFA world rankings, as expected. But a surge in points from other European teams has pushed some traditional powerhouses from around the world down the ranks. Scan the code for the story.

Federer back in familiar spot at Wimbledon

Roger Federer at Wimbledon on Wednesday. CLIVE ROSE/GETTY IMAGES

After curling in a 102-m.p.h. ace to grab a two-set lead a mere 56 minutes into his Wimbledon quarter-final Wednesday, Roger Federer casually pulled an extra tennis ball from his pocket and strolled to sit in his changeover chair for a sip to drink.

No fist pump. No yell of excitement. No energized jog to the sideline.

There still was work to be done; nothing to be taken for granted. Motivated by the bitter memory of quarter-final losses at the All England Club the past two years, the six-time Wimbledon champion Federer bullied 26th-seeded Mikhail Youzhny of Russia 6-1, 6-2, 6-2 to reach his record 32nd career Grand Slam semifinal.

"Feels great being back in the semis.... Haven't been here in the last couple years," the third-seeded Federer said. "So this is nice, to be back to a place where I've been so many times before."

He'll face a familiar foe Friday: No. 1 Novak Djokovic, the defending champion, who didn't have too much trouble while beating No. 31 Florian Mayer of Germany 6-4, 6-1, 6-4 in the quarter-finals.

THE ASSOCIATED PRESS

Alive in England

No. 4 seed Andy Murray of England smacked his 18th ace on match point to finish off No. 7 David Ferrer of Spain 6-7 (5), 7-6 (6), 6-4, 7-6 (4) Wednesday, setting up a tilt with Jo-Wilfried Tsonga on Friday in the semifinals.

Destination Minnesota

NHL. 'Great day in the history' of Wild as Parise, Suter announce free-agency decisions

Ryan Suter and Zach Parise celebrate a Team USA goal at the Winter Olympics in Vancouver in February 2010. HARRY HOW/GETTY IMAGES

The Minnesota Wild were a starless team in need of a big-time jolt to get the franchise back to the point of being worthy of playing in "the State of Hockey."

The jolts don't come any bigger than this.

The Wild landed not one but both of the NHL's top prizes in free agency, signing forward Zach Parise and defenceman Ryan Suter on Wednesday. Each deal is for 13 years and $98 million, according to three people familiar with the contracts who spoke to The Associated Press on condition of anonymity because the team did not release details.

"WE GOT 'EM!" the Wild announced on their Twitter account early Wednesday afternoon, sending shockwaves across the league and through a devoted fan base that was starting to show signs of apathy after missing the playoffs for a fourth straight season.

Parise, the former New Jersey Devils playmaker, and Suter, who paired with Shea Weber on the Nashville blueline, were regarded the cream of what was a thin free agent crop, and each had spent the past four days poring over numerous offers from several teams before making a decision.

"This is a great day in the history of the Minnesota Wild," GM Chuck Fletcher said in a conference call.

Maybe THE greatest. The Wild have had a relatively nondescript existence aside from one stirring run to the Western Conference finals in their second season.

Parise knows the history well, having grown up in the Twin Cities. So he recruited his friend Suter to come help out the hometown team.

"We kept in touch throughout this whole thing and we decided that we thought for both of us that the best fit would be Minnesota," Parise said in a conference call. "We're excited that it worked out and we get a chance to play with each other."

One person said that even the breakdown of the contracts is exactly the same, with both players getting $12 million in each of the first two years. The deals then go down in value, with each player making $1 million in both 2023-24 and 2024-25.

And it's a relative homecoming for Suter, who is from Wisconsin, as well.

"It came down to where I felt my family would like to live," Suter said. "My wife's from Bloomington, Minn. That had a lot to do with it. Minnesota has a lot of good young players that I think will help make this team successful."

THE ASSOCIATED PRESS

Quoted

"I don't think you ever go in assuming you're going to land both of them. We shot for the moon, and we tried our best."

Chuck Fletcher, Minnesota Wild GM.

Twin Knights aim for Leafs roster spot

Two for the price of one.

Maybe that's what Maple Leafs GM Brian Burke was thinking when he chose Ryan Rupert in the sixth round, 157th overall, in the 2012 draft.

Ryan's got a twin, Matt. They've played together all their lives. Where one goes, so goes the other. When Matt wasn't drafted, it was only natural for him to follow Ryan to Leafs prospects camp.

"When I got the call to come here, it was exciting," said Matt Rupert, a winger. "We played together our whole lives. It was exciting being in the Blue and White, living the dream. I watched the Leafs all my life."

They're a hard-working — if undersized — agitating duo that found a role on the OHL champion London Knights.

"You've got to play physical and get little jabs in but not go overboard so the refs don't catch you," Ryan Rupert, a centre, said about his game. "Gets the other guys frustrated out there."

Says Matt: "We're gritty players. If it comes to fighting, we're not going to back down."

The Ruperts were tutored by Dale Hunter (until he left to coach the Washington Capitals) quite literally night and day. They lived with Hunter, watching hockey when they weren't playing it. Hunter would point out — stopping the PVR if he had to — what players were doing right or wrong during whatever game happened to be on the TV at the time.

TORSTAR NEWS SERVICE

Twin fact

The two Ruperts are fraternal twins who look alike except for one telling point: Ryan has all his teeth. Matt's got the Bobby Clarke smile.

Matt Rupert TORSTAR NEWS SERVICE

Ryan Rupert TORSTAR NEWS SERVICE

Nash saga takes turn to Hollywood

NBA. Multiple reports say Canadian star has spurned Raptors, Knicks to join Lakers

Painful miss

With Steve Nash gone, public pressure will ramp up on GM Bryan Colangelo, who will have failed to attract the most significant free agent he has ever chased in Toronto.

- It will be a telling blow to a Toronto franchise that hasn't been in the playoffs in four years and which has devolved into irrelevancy in many NBA circles.

And in the end, it was neither the Knicks nor the Raptors who won the Steve Nash sweepstakes.

According to several published reports, the Los Angeles Lakers — bitter division rivals of the Phoenix Suns — will get the 38-year-old free agent in a sign-and-trade deal involving draft picks.

If that's how it turns out — and no deals can be signed until July 11 — it will end one of the more drawn out free agency sagas of the past few years and one in which the Raptors were firmly involved until eventually being rebuffed.

The Lakers can offer Nash a starting salary of about $9 million, about $2 million or $3 million below what Toronto offered. There was no indication on the length of the deal or the number of draft picks that will go to Phoenix.

It will be a huge blow to the New York Knicks, who were seemingly close to adding Nash in the middle of the day, and to the Raptors, who took their best shot at signing the most significant free agent from another team in franchise history.

The Raptors are being silent on the matter; the only on-the-record quote —"We gave it our best shot"— came from president and general manager Bryan Colangelo in the early afternoon Wednesday when it appeared near certain the Knicks and Suns had the parameters of a sign-and-trade deal in place that would have landed Nash in New York for three years.

TORSTAR NEWS SERVICE

Steve Nash with the Suns in April. CHRISTIAN PETERSEN/GETTY IMAGES

Greipel keeps his grip to win Stage 4 in France

With British rival Mark Cavendish downed by a late crash, Germany's Andre Greipel led a final dash among the top Tour de France sprinters who were left to win the fourth stage in Normandy on Wednesday.

Swiss rider Fabian Cancellara avoided the trouble and retained the overall lead for a fifth day after the 214.5-kilometre trek alongside the English Channel from Abbeville to Rouen. Victoria's Ryder Hesjedal finished 45th in the stage and fell one place in the overall classification to ninth.

DOUG PENSINGER/GETTY IMAGES

Track. Amputee track star to make Olympic history

Never write Oscar Pistorius off.

The 'Blade Runner' will be competing in the London Olympics in his favoured 400 metres after all.

The double-amputee runner from South Africa has spent most of his life without lower legs and his entire track career proving he's good enough to compete with the best. He now has the chance to do just that.

The 25-year-old will run the individual 400 and the 4x400 relay in London — the first amputee track athlete to compete at any games.

"Today is truly one of the proudest days of my life," Pistorius said.

South Africa's Olympic committee and national track federation decided to clear Pistorius for the 400 at the London Games on his carbon fiber blades despite him just missing out on the country's strict qualifying criteria.

Not bad for a kid who had both his legs amputated below the knee at 11 months old.

THE ASSOCIATED PRESS

Oscar Pistorius during a track meet in March. GETTY IMAGES FILE

MLS. Toronto FC gaining steam on Plata transfer

Ecuador forward Joao Plata is still with Toronto FC — at least for now.

Earl Cochrane, the team's director of team and player operations, said Wednesday during a conference call Plata is still with the club, although Toronto FC continues to work on securing a loan agreement for Plata to suit up with his former club LDU Quito in Ecuador.

Cochrane delivered a similar message regarding Plata's status Saturday, although he added loan agreement talks are now further along. To that end, Cochrane was hopeful a loan deal could be reached by the weekend and bristled somewhat when told that newspapers in Ecuador said Plata was there with his family and would begin practising with his new team Thursday.

THE CANADIAN PRESS

Quoted

"The reality of the situation is he's a Toronto FC player, he will remain a Toronto FC player during the course of that loan."
Earl Cochrane, director of team and player operations for Toronto FC, on Joao Plata.

For coverage of Toronto FC's game in Dallas on Wednesday night, go to metronews.ca.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	49	32	.605	—
Baltimore	44	37	.543	5
Tampa Bay	43	39	.524	6½
Boston	42	40	.512	7½
Toronto	41	40	.506	8

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	43	37	.538	—
Cleveland	42	39	.519	1½
Detroit	39	42	.481	4½
Kansas City	36	43	.456	6½
Minnesota	35	45	.438	8

WEST DIVISION

	W	L	Pct	GB
Texas	50	31	.617	—
Los Angeles	45	37	.549	5½
Oakland	41	42	.494	10
Seattle	35	49	.417	16½

Wednesday's results
N.Y. Yankees 4, Tampa Bay 3
Oakland 3, Boston 2
Cleveland 12, L.A. Angels 3
Baltimore 4, Seattle 2
Minnesota at Detroit
Kansas City at Toronto
Texas at Chicago White Sox
Tuesday's results
Cleveland 9, L.A. Angels 5
Minnesota 8, Detroit 6
Toronto 6, Kansas City 3
Tampa Bay 7, N.Y. Yankees 4
Chicago White Sox 19, Texas 2
Oakland 3, Boston 2
Baltimore 5, Seattle 4
Thursday's games
Minnesota (Diamond 7-3) at Detroit (Porcello 6-5), 1:05 p.m.
Texas (M.Harrison 11-3) at Chicago White Sox (Quintana 3-1), 2:10 p.m.
Tampa Bay (Hellickson 4-4) at Cleveland (Tomlin 4-5), 7:05 p.m.
Kansas City (Hochevar 5-8) at Toronto (H.Alvarez 5-6), 7:07 p.m.
Baltimore (Arrieta 3-9) at L.A. Angels (Richards 2-1), 10:05 p.m.
Friday's Games
Kansas City at Detroit, 7:05 p.m.
Tampa Bay at Cleveland, 7:05 p.m.
N.Y. Yankees at Boston, 7:10 p.m.
Minnesota at Texas, 8:05 p.m.
Toronto at Chicago White Sox, 8:10 p.m.
Baltimore at L.A. Angels, 10:05 p.m.
Seattle at Oakland, 10:05 p.m.

CALENDAR

July 10 - All-Star game, Kansas City, Mo.
July 13 - Deadline for amateur draft picks to sign.
July 22 - Hall of Fame induction, Cooperstown, N.Y.
July 31 - Last day to trade a player without securing waivers.
Aug 15-16 - Owners' meetings, Denver.
Sept. 1 - Active rosters expand to 40 players.
Oct. 5 - Postseason begins, wild-card playoffs.
Oct. 7 - Division series begin.
Oct. 13 - League championship series begin.
Oct. 24 - World Series begins.
November TBA - Deadline for teams to make qualifying offers to their eligible former players who became free agents, fifth day after World Series.
November TBA - Deadline for free agents to accept qualifying offers, 12th day after World Series.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	47	32	.595	—
New York	44	38	.537	4½
Atlanta	42	38	.525	5½
Miami	38	42	.475	9½
Philadelphia	37	46	.446	12

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	45	36	.556	—
Cincinnati	44	36	.550	½
St. Louis	42	39	.519	3
Milwaukee	38	42	.475	6½
Houston	32	50	.390	13½
Chicago	30	50	.375	14½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	45	37	.549	—
San Francisco	45	37	.549	—
Arizona	39	41	.488	5
San Diego	32	50	.390	13
Colorado	31	49	.388	13

Wednesday's results
Washington 9, San Francisco 4
Philadelphia 9, N.Y. Mets 2
Pittsburgh 6, Houston 4
Miami at Milwaukee
Chicago Cubs at Atlanta
Colorado at St. Louis
Cincinnati at L.A. Dodgers
San Diego at Arizona
Tuesday's results
Milwaukee 13, Miami 12, 10 innings
Washington 9, San Francisco 3
Pittsburgh 8, Houston 7
Atlanta 10, Chicago Cubs 3
N.Y. Mets 11, Philadelphia 1
Colorado 3, St. Louis 2
San Diego 9, Arizona 5
L.A. Dodgers 3, Cincinnati 1
Thursday's games
Miami (Buehrle 7-8) at Milwaukee (Fiers 3-2), 2:10 p.m.
Houston (B.Norris 5-5) at Pittsburgh (Karstens 1-2), 7:05 p.m.
San Francisco (M.Cain 9-3) at Washington (Detwiler 4-3), 7:05 p.m.
Chicago Cubs (Garza 4-6) at Atlanta (Minor 4-6), 7:10 p.m.
Philadelphia (Hamels 10-4) at N.Y. Mets (Dickey 12-1), 7:10 p.m.
Colorado (Friedrich 4-5) at St. Louis (Lynn 10-4), 8:15 p.m.
L.A. Dodgers (Eovaldi 0-5) at Arizona (Miley 9-4), 9:40 p.m.
Cincinnati (Latos 7-2) at San Diego (Volquez 5-7), 10:05 p.m.
Friday's games
Atlanta at Philadelphia, 7:05 p.m.
Colorado at Washington, 7:05 p.m.
San Francisco at Pittsburgh, 7:05 p.m.
Chicago Cubs at N.Y. Mets, 7:10 p.m.
Milwaukee at Houston, 8:05 p.m.
Miami at St. Louis, 8:15 p.m.
L.A. Dodgers at Arizona, 9:40 p.m.
Cincinnati at San Diego, 10:05 p.m.

AUTO RACING

NASCAR SPRINT CUP

Through June 30
1. Matt Kenseth, 633 points; 2. Dale Earnhardt Jr., 622; 3. Jimmie Johnson, 610; 4. Greg Biffle, 608; 5. (tie), Denny Hamlin and Kevin Harvick, 565; 7. Clint Bowyer, 557; 8. Martin Truex Jr., 556; 9. Tony Stewart, 545; 10. Brad Keselowski, 537.

TUESDAY

BLUE JAYS 6, ROYALS 3

Kansas City	ab	r	h	bi	Toronto	ab	r	h	bi
AGordn lf	3	0	0	1	Lawrie 3b	4	1	2	0
AEscor ss	4	0	0	0	Rasms cf	3	1	1	0
Hosmer 1b	4	0	0	0	Bautist rf	4	0	1	0
Butler dh	3	0	0	0	Encrnc 1b	3	1	2	1
YBtncr 2b	4	0	1	0	KJhnsn 2b	4	0	1	0
Mostks 3b	4	0	1	0	YEscor ss	4	1	1	0
Francr rf	3	1	1	0	RDavis lf	4	1	2	2
S.Perez c	3	1	1	0	Lind dh	4	1	2	3
Bourgs cf	2	1	1	2	Mathis c	4	0	1	0
Dyson cf	1	0	1	0					
Totals	**31**	**3**	**6**	**3**	**Totals**	**34**	**6**	**13**	**6**

Kansas City	003	000	000	3
Toronto	000	600	00x	6

DP—Kansas City 2, Toronto 1. LOB—Kansas City 3, Toronto 6. 2B—Moustakas (19), Dyson (4). 3B—Bourgeois (1). HR—Lind (6). SB—Dyson (14). CS—R.Davis (6). SF—A.Gordon.

	IP	H	R	ER	BB	SO
Kansas City						
Mazzaro L,3-3	5 1-3	13	6	6	0	3
G.Holland	1 2-3	0	0	0	2	2
Mijares	1	0	0	0	0	1
Toronto						
Cecil W,2-1	6	5	3	3	1	3
Frasor H,10	1	0	0	0	0	0
Oliver H,8	1	1	0	0	0	2
Janssen S,10-11	1	0	0	0	0	1

Cecil pitched to 1 batter in the 7th.
WP—Mazzaro.
Umpires—Home, Angel Hernandez; First, Chris Conroy; Second, Ed Hickox; Third, Mark Carlson.
T—2:30. A—15,516 (49,260).

CYCLING

TOUR DE FRANCE

At Rouen, France
Wednesday's results
Fourth Stage
1. Andre Greipel, Germany, Lotto Belisol, 5 hours, 18 minutes, 32 seconds; 2. Alessandro Petacchi, Italy, Lampre-ISD, same time; 3. Tom Veelers, Netherlands, Argos-Shimano, same time; 4. Matthew Harley Goss, Australia, Orica GreenEdge, same time; 5. Peter Sagan, Slovakia, Liquigas-Cannondale, same time; 6. Jonathan Cantwell, Australia, Team Saxo Bank-Tinkoff Bank, same time; 7. Daryl Impey, South Africa, Orica GreenEdge, same time; 8. Kris Boeckmans, Belgium, Vacansoleil-DCM, same time; 9. Edvald Boasson Hagen, Norway, Sky Procycling, same time; 10. Ruben Perez, Spain, Euskaltel-Euskadi, same time.
11. Gregory Henderson, New Zealand, Lotto Belisol, same time; 12. Jurgen Roelandts, Belgium, Lotto Belisol, same time; 13. Dmitriy Fofonov, Kazakhstan, Astana, same time; 14. Peter Velits, Slovakia, Omega Pharma-QuickStep, same time; 15. Remy Di Gregorio, France, Cofidis, same time; 16. Marcus Burghardt, Germany, BMC Racing, same time; 17. Patrick Gretsch, Germany, Argos-Shimano, same time; 18. Egoi Martinez, Spain, Euskaltel-Euskadi, same time; 19. Janez Brajkovic, Slovenia, Astana, same time; 20. Gorka Izaguirre, Spain, Euskaltel-Euskadi, same time.
Also
21. Andreas Kloeden, Germany, RadioShack-Nissan, same time; 26. Sylvain Chavanel, France, Omega Pharma-QuickStep, same time; 27. Cadel Evans, Australia, BMC Racing, same time; 35. Robert Gesink, Netherlands, Rabobank, same time; 43. Vincenzo Nibali, Italy, Liquigas-Cannondale, same time; **45. Ryder Hesjedal, Victoria, B.C.**, Garmin-Sharp-Barracuda, same time; 63. Christopher Horner, United States, RadioShack-Nissan, same time; 64. Frank Schleck, Luxembourg, RadioShack-Nissan, same time; 67. Levi Leipheimer, United States, Omega Pharma-QuickStep, same time; 76. George Hincapie, United States, BMC Racing, same time118. Christian Vande Velde, United States, Garmin-Sharp-Barracuda, 2:08.
119. Fabian Cancellara, Switzerland, RadioShack-Nissan, same time; 121. Tejay Van Garderen, United States, BMC Racing, same time; 151. Jurgen Van den Broeck, Belgium, Lotto Belisol, same time; 154. Bradley Wiggins, Britain, Sky Procycling, same time; 159. David Zabriskie, United States, Garmin-Sharp-Barracuda, same time; 167. Thomas Danielson, United States, Garmin-Sharp-Barracuda, 2:21 behind; 185. Tyler Farrar, United States, Garmin-Sharp-Barracuda, same time as leader.
Overall Standings
1. Fabian Cancellara, Switzerland, RadioShack-Nissan, 20 hours, 4 minutes, 2 seconds; 2. Bradley Wiggins, Britain, Sky Procycling, 7 seconds behind; 3. Sylvain Chavanel, France, Omega Pharma-QuickStep, same time; 4. Tejay Van Garderen, United States, BMC Racing, :10; 5. Edvald Boasoon Hagen, Norway, Sky Procycling, :11; 6. Denis Menchov, Russia, Katusha, :13; 7. Cadel Evans, Australia, BMC Racing, :17; 8. Vincenzo Nibali, Italy, Liquigas-Cannondale, :18; **9. Ryder Hesjedal, Victoria, B.C., Garmin-Sharp-Barracuda, same time;** 10. Andreas Kloeden, Germany, RadioShack-Nissan, :19.

GOLF

WEEKEND GLANCE

U.S. GOLF ASSOCIATION

U.S. WOMEN'S OPEN
Site: Kohler, Wis.
Schedule: Thursday-Sunday.
Television: ESPN2 (Thursday-Friday, 4-8 p.m.) and NBC (Saturday-Sunday, 3-6 p.m.).
Online: www.usga.org
LPGA Tour site: www.lpga.com

PGA TOUR

GREENBRIER CLASSIC
Site: White Sulphur Springs, W.Va.
Schedule: Thursday-Sunday.
Television: Golf Channel (Thursday, 3-7 p.m., 7:30-11:30 p.m.) and CBS (Saturday-Sunday, 3-6 p.m.).
Online: www.pgatour.com

CHAMPIONS TOUR

FIRST TEE OPEN
Site: Pebble Beach, Calif.
Schedule: Friday-Sunday.
Television: Golf Channel (Friday, 7:30-9:30 p.m.; Saturday, 2:30-4:30 a.m., 6:30-9:30 p.m.; Sunday, midnight-3 a.m., 7-9:30 p.m.; Monday, midnight-3 a.m.).
Online: www.pgatour.com

EUROPEAN TOUR

FRENCH OPEN
Site: Saint-Quentin-en-Yvelines, France.
Schedule: Thursday-Sunday.
Television: Golf Channel (Thursday-Friday, 8:30 a.m.-12:30 p.m.; Saturday-Sunday, 8 a.m.-noon).
Online: www.europeantour.com

TENNIS

WIMBLEDON

At London
Singles
Men
Quarter-finals
Roger Federer (3), Switzerland, def. Mikhail Youzhny (26), Russia, 6-1, 6-2, 6-2.
Novak Djokovic (1), Serbia, def. Florian Mayer (31), Germany, 6-4, 6-1, 6-4.
Jo-Wilfried Tsonga (5), France, def. Philipp Kohlschreiber (27), Germany, 7-6 (5), 4-6, 7-6 (3), 6-2.
Andy Murray (4), Britain, def. David Ferrer (7), Spain, 6-7 (5), 7-6 (6), 6-4, 7-6 (4).
Doubles
Men
Third Round
Robert Lindstedt, Sweden, and Horia Tecau (5), Romania, def. Steve Darcis and Olivier Rochus, Belgium, 6-4, 7-5, 7-6 (4).
Scott Lipsky and Rajeev Ram, United States, def. Chris Guccione and Lleyton Hewitt, Australia, 6-4, 3-6, 6-4, 6-4.
Jurgen Melzer, Austria, and Philipp Petzschner (10), Germany, def. Mikhail Elgin, Russia, and Denis Istomin, Uzbekistan, 6-4, 6-4, 5-7, 6-7 (9), 16-14.
Bob and Mike Bryan (2), United States, def. Arnaud Clement and Michael Llodra, France, 7-6 (5), 6-4, 3-6, 4-6, 6-2. Quarterfinals
Jonathan Marray, Britain, and Frederik Nielsen, Denmark, def. James Cerretani, United States, and Edouard Roger-Vasselin, France, 7-6 (5), 7-6 (4), 6-7 (3), 2-6, 6-2.
Women
Second Round
Serena and Venus Williams, United States, def. Maria Kirilenko and Nadia Petrova (4), Russia, 3-6, 6-3, 9-7.
Third Round
Sara Errani and Roberta Vinci (2), Italy, def. Agnieszka and Urszula Radwanska, Poland, walkover.
Serena and Venus Williams, United States, def. Bethanie Mattek-Sands, United States, and Sania Mirza (13), India, 6-4, 6-3.
Quarter-finals
Liezel Huber and Lisa Raymond (1), United States, def. Ekaterina Makarova and Elena Vesnina (5), Russia, 7-6 (4), 6-3.
Nuria Llagostera Vives and Maria Jose Martinez Sanchez (9), Spain, vs. Flavia Pennetta and Francesca Schiavone, Italy, 2-6, 7-6 (7), 2-2, susp., darkness.
Mixed
Second Round
Mikhail Kukushkin and Yaroslava Shvedova, Kazakhstan, def. Mariusz Fyrstenberg, Poland, and Abigail Spears (9), United States, 6-3, 7-5.
Alexander Peya, Austria, and Anna-Lena Groenefeld (16), Germany, def. Bruno Soares, Brazil, and Jarmila Gajdosova, Australia, 6-4, 5-7, 6-4.
Leander Paes, India, and Elena Vesnina (4), Russia, def. Ashley Fisher, Australia, and Mona Barthel, Germany, 6-3, 6-3.
Bob Bryan and Liezel Huber (1), United States, def. Johan Brunstrom, Sweden, and Andreja Klepac, Slovenia, 4-6, 6-4, 6-4.
Colin Fleming, Britain, and Hsieh Su-wei, Taiwan, def. Aisam-ul-Haq Qureshi, Pakistan, and Andrea Hlavackova (7), Czech Republic, 6-3, 6-7 (5), 6-1.
Daniel Nestor, Toronto, and Julia Goerges (8), Germany, def. Mikhail Elgin, Russia, and Galina Voskoboeva, Kazakhstan, 4-6, 6-3, 6-4.
Third Round
Nenad Zimonjic, Serbia, and Katarina Srebotnik (3), Slovenia, def. Kenneth Skupski and Melanie South, Britain, 6-4, 6-7 (5), 9-7.
Mike Bryan and Lisa Raymond (2), United States, def. Alexander Peya, Austria, and Anna-Lena Groenefeld (16), Germany, 6-3, 7-5.
Rohan Bopanna, India, and Zheng Jie (10), China, def. Daniele Bracciali and Roberta Vinci (6), Italy, 6-0, 6-3.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	1	0	1	0	16	33	0
Hamilton	1	0	1	0	16	43	0
Toronto	1	0	1	0	15	19	0
Montreal	1	0	1	0	10	38	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	1	1	0	0	43	16	2
Calgary	1	1	0	0	38	10	2
B.C.	1	1	0	0	33	16	2
Edmonton	1	1	0	0	19	15	2

WEEK TWO
All Times Eastern
Friday's games
Winnipeg at Montreal, 7 p.m.
Hamilton at B.C., 10 p.m.
Saturday, July 7
Calgary at Toronto, 3 p.m.
Sunday, July 8
Edmonton at Saskatchewan, 7 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
D.C. United	18	10	5	3	34	22	33
Kansas City	17	10	5	2	23	17	32
New York	17	9	4	4	32	25	31
Chicago	17	8	5	4	21	19	28
Houston	17	6	5	6	22	24	24
Columbus	15	6	5	4	16	15	22
New England	16	5	7	4	22	22	19
Montreal	19	5	11	3	25	35	18
Philadelphia	14	3	9	2	13	17	11
Toronto	15	2	10	3	17	29	9

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	18	11	4	3	36	24	36
Real Salt Lake	18	10	6	2	28	21	32
Vancouver	16	7	4	5	18	19	26
Seattle	17	7	5	5	21	18	26
Colorado	16	7	8	1	24	21	22
Los Angeles	17	6	9	2	25	27	20
Portland	16	5	7	4	16	21	19
Chivas USA	16	5	7	4	11	18	19
Dallas	17	3	9	5	16	26	14

Note: Three points for a win, one for a tie.
Wednesday's results
Kansas City 3 Montreal 1
Toronto at Dallas
Vancouver at Colorado
Seattle at Real Salt Lake
Philadelphia at Los Angeles
Tuesday's results
Houston 0 Chicago 0
Portland 2 San Jose 1
Saturday's games
Houston at Kansas City, 8 p.m.
San Jose at Dallas, 9 p.m.
Portland at Real Salt Lake, 9 p.m.
Vancouver at Chivas USA, 10:30 p.m.
Colorado at Seattle, 11 p.m.
Sunday's games
Los Angeles at Chicago, 3 p.m.
Toronto at Philadelphia, 4 p.m.
New York at New England, 7 p.m.
Columbus at Montreal, 7:30 p.m.

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

Hinchcliffe aims to carry on Canadian legacy

IndyCar. Oakville native riding wave of success to Toronto race

James Hinchcliffe once spent three hours waiting for the chance to meet his hero.

When Greg Moore finally emerged to speak to the 12-year-old outside his team truck, Hinchcliffe was too awe struck to say much during what ultimately turned into a life-changing chat for the aspiring driver.

"I barely could spit out any words, my sister had to ask most of the questions because I was just staring up at this guy like he was God," Hinchcliffe said. "It changed my life, to this very day. He's who I model myself after."

Moore was moving through the ranks when he met Hinchcliffe at the 1999 race in Toronto. Moore died about four months later in an accident. He was 24.

Hinchcliffe, a native of Oakville, Ont., understands the legacy of Canadian drivers. He rattles off a list of winners — Moore, Patrick Carpentier, Scott Goodyear, Alex Tagliani, Paul Tracy, Jacques Villeneuve — and feels the pressure to match their success.

"Just making it to IndyCar is only a small part of the fight, because as a Canadian, I am very anxious and keen to carry on that legacy of winning for this nation."

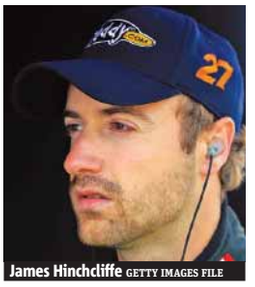
The pressure is even more intense this week as he returns home to race Sunday in Toronto.

This second season of IndyCar has been a breakthrough for Hinchcliffe and he's combined on-track success with strong marketing to become the series' newest star.

THE ASSOCIATED PRESS

Results

- Hinchcliffe has finished lower than sixth just twice in nine races this season.
- He has two podium finishes and has led at least one lap in six races.



James Hinchcliffe GETTY IMAGES FILE

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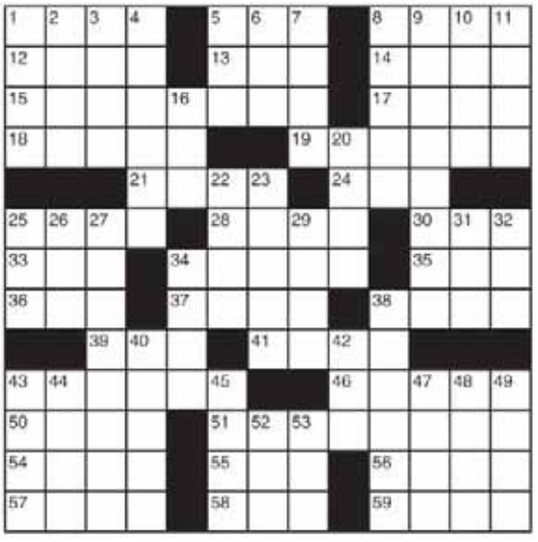
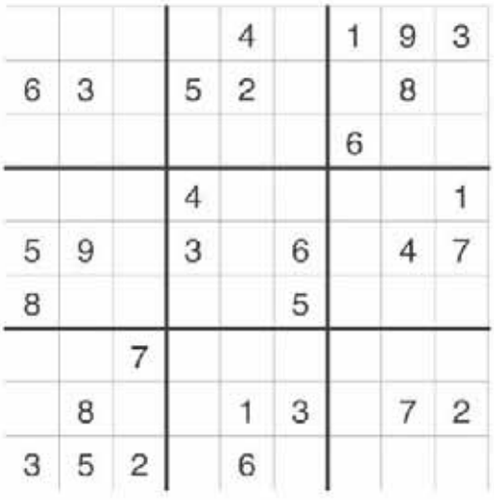
Across
1 Curved lines
5 Foundation
8 Dame Myra at the piano
12 Basketball hardware
13 Candle tally
14 European capital
15 Alienate
17 On
18 Small plateaus
19 Entitlements
21 Capri, e.g.
24 Turn blue?
25 Existed
28 Tennis legend Arthur
30 Danson or Koppel
33 Type measures
34 Sen. Kefauver
35 George's brother
36 Eccentric
37 Teeny bit
38 Con game
39 Scull prop
41 Heap
43 Revolutionary War traitor
46 Goof-up
50 Poker holding
51 Rough calculation
54 Expectorated
55 Shelter
56 "Ars Amatoria" poet
57 Sicilian spouter
58 Actress Thompson
59 Capone adversary

Down
1 Attention-getting sound
2 Kennedy matriarch
3 Barracks array
4 Ankle woe
5 Prohibition
6 Heckler's missile
7 Antelope's playmate
8 Songwriter Carmichael
9 Appreciative of beauty (Var.)
10 Coin aperture
11 Bribes
16 Fool
20 Mid-month date
22 Ultimate
23 Bar legally
25 Stein or Stiller
26 Ostrich's kin
27 Tallinn dweller
29 Half (Pref.)
31 Mound stat
32 Flow blocker
34 Count counterpart
38 Preacher's speech
40 Heart line?
42 Luau souvenir
43 Basilica section
44 Engrossed
45 Farmer's place
47 Big dance party
48 He gave us a lift
49 Ohio nine
52 Witness
53 Mad Hatter's quaff





How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SFA RHJ EWUNWDW MGFM FSMHQ OFSV OJKM WCBUHRWP F UNDW-NA GHJKWVWWBWQ MH EW GNK UWCCHA FNPW?

Yesterday's Cryptoquip: IF YOU ARE SHREDDING PAPERS IN A CRAZY FRENZY, SOME PEOPLE MIGHT CLAIM YOU'RE ON A TEAR.

Today's Cryptoquip Clue: M equals T

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 31°/22° Sunny
Friday 35°/22° Mainly sunny
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The Weather Network | HD
TWN incorporates MSC data

Horoscope

Aries | March 21 - April 20. You will get what you want just when you want it today and will overcome your rivals with ease.

Taurus | April 21 - May 21. Be clear in your mind what needs to be done and do it now, this very moment – not at some ill-defined date in the future.

Gemini | May 22 - June 20. Before you go sticking your nose in other people's business today you would do well to remember that the most productive changes you can make are to your own affairs.

Cancer | June 21 - July 22. You are determined to prove you have what it takes but don't go too far and risk turning people against you

Leo | July 23 - Aug. 22. If there are things in your life that you want to improve, now is the time to identify them and prepare yourself for the changes you will have to make.

Virgo | Aug. 23 - Sept. 22. Because you are a creature of habit you don't like to rock the boat, but the planets are now urging you to try something different, even if it means turning others against you

Libra | Sept. 23 - Oct. 22. If you see something you desire today you must seize it for yourself before your rivals beat you to it.

Scorpio | Oct. 23 - Nov. 21. Try not to feel too hard done by if an authority figure forces you to change what you are doing today because in the long-term you will benefit in ways you cannot yet see

Sagittarius | Nov. 22 - Dec. 21. This will be one of those days when everything goes right without much of an effort but that is not an excuse to sit back and do nothing

Capricorn | Dec. 22 - Jan 20. Take upheavals in your stride today and refuse to get annoyed when things don't work out the way you expected.

Aquarius | Jan. 21 - Feb 18. You will have to let a friend or colleague down today and it may not do your relationship a lot of good

Pisces | Feb. 19 - March 20. Ignore what everyone else is doing and do only what feels right to you. Come the weekend it will be apparent that you were right and they were wrong but try not to gloat about it – too much.

SALLY BROMPTON

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"You're not from around here, are you kid?"
Megan

ELISE AMENDOLA/ THE ASSOCIATED PRESS

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HIGHWAY 7.4L/100 KM 38 MPG▼

INCLUDES: AIR CONDITIONING • EZ LANE CHANGE ASSIST • DOWNHILL BRAKE CONTROL AND HILLSTART ASSIST • MOTOR DRIVEN POWER STEERING • REAR SPOILER • iPOD®/USB/MP3 AUXILIARY INPUT JACKS

TUCSON L 5-SPEED MANUAL. DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

WAS ~~$21,895~~ | $3,900 PRICE ADJUSTMENT‡ | NOW $17,995♦ INCLUDES AIR CONDITIONING | + 0%† FINANCING FOR 48 MONTHS

Limited model shown

2012 SANTA FE PREMIUM PKG.

HIGHWAY 7.2L/100 KM 39 MPG▼

INCLUDES: AIR CONDITIONING • POWER SUNROOF • HEATED FRONT SEATS & MIRRORS • CRUISE CONTROL • XM RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM • 18" ALLOY WHEELS

SANTA FE GL 2.4 PREMIUM PKG. DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

WAS ~~$29,595~~ | $4,600 PRICE ADJUSTMENT‡ | NOW $24,995♦ INCLUDES AUTO & AIR | + 0%† FINANCING FOR 48 MONTHS

5 YEAR WARRANTY 100,000 KM COMPREHENSIVE LIMITED WARRANTY^

5-year/100,000 km Comprehensive Limited Warranty
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

HyundaiCanada.com

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